



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Niederhofer, Stefan

□□□: 12:13:25

□□: TuS Breckerfeld

□□: 8.26 km/h

□□: 3145

□□□□: 7:16 min/km

□□: 101.00 km

□□□□□/□□□: 39 (of 79)

101 km Lauf

□□□□□/□: 32 (of 65)

□□□□□□: 8:58:12

□□□□:

□□□□□: 6(of 8)

Senioren M40

□□□□□□□: 8:58:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:17:58	7:04	7	39:13	36	39:13	19.50	2:17:58	7:04	6	39:13	65	11:26	
Kühude	20.50	2:13:31	6:30	6	29:08	27	29:08	40.00	4:31:29	6:47	6	1:08:21	65	4:38	
Rhein-Weser-Tur	17.00	2:00:48	7:06	6	34:53	35	34:53	57.00	6:32:17	6:52	6	1:43:14	65		
Kühude	17.00	2:07:39	7:30	6	36:24	33	36:24	74.00	8:39:56	7:01	6	2:19:38	65		
Nasse Wiese	20.50	2:52:36	8:25	6	46:53	29	46:53	94.50	11:32:32	7:19	6	3:06:31	65		
□□	6.50	40:53	6:17	6	8:42	28	9:58	101.00	12:13:25	7:15	6	3:15:13	32	3:15:13	