



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

□□□□

Jones, Huw

□□: Gutersloh

□□: 3055

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M30

□□□: 12:22:09

□□: 8.17 km/h

□□□□: 7:21 min/km

□□□□□/□□□: 42 (of 79)

□□□□□/□: 34 (of 65)

□□□□□□: 8:58:12

□□□□□: 1(of 2)

□□□□□□□: 12:22:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:10:08	6:40	2	7:23	24	31:23	19.50	2:10:08	6:40	1	-	17	3:36	
Kühude	20.50	2:17:11	6:41	1	-	30	32:48	40.00	4:27:19	6:40	1	-	17	0:28	
Rhein-Weser-Tur	17.00	2:04:09	7:18	1	-	41	38:14	57.00	6:31:28	6:52	1	-	17		
Kühude	17.00	2:12:43	7:48	1	-	38	41:28	74.00	8:44:11	7:05	1	-	17		
Nasse Wiese	20.50	2:59:20	8:44	1	-	36	53:37	94.50	11:43:31	7:26	1	-	17		
□□	6.50	38:38	5:56	1	-	20	7:43	101.00	12:22:09	7:20	1	-	34	3:23:57	