



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Braun, Markus

□□: TV Eckersmühlen

□□: 3030

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M35

□□□: 12:31:29

□□: 8.06 km/h

□□□□: 7:26 min/km

□□□□□/□□□: 43 (of 79)

□□□□□/□: 35 (of 65)

□□□□□□: 8:58:12

□□□□□: 4(of 5)

□□□□□□□: 11:23:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:10:27	6:41	3	10:16	25	31:42	19.50	2:10:27	6:41	4		16	3:55
Kühude	20.50	2:17:51	6:43	4	15:02	31	33:28	40.00	4:28:18	6:42	4	7:52	16	1:27
Rhein-Weser-Tur	17.00	2:03:36	7:16	4	17:55	37	37:41	57.00	6:31:54	6:52	4	20:39	16	
Kühude	17.00	2:20:11	8:14	4	18:07	46	48:56	74.00	8:52:05	7:11	4	38:46	16	3:12
Nasse Wiese	20.50	3:01:02	8:49	4	27:54	41	55:19	94.50	11:53:07	7:32	4	1:06:40	16	0:04
□□	6.50	38:22	5:54	3	2:37	19	7:27	101.00	12:31:29	7:26	4	1:08:08	35	3:33:17