



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Mann, Matthias

□□: Paderborn

□□: 3066

Enduro U13

□□□□:

Senioren M40

□□□: 12:41:53

□□: - km/h

□□□□: 7:32 min/km

□□□□□/□□□: 49 (of 79)

□□□□□/□: 39 (of 65)

□□□□□□: 8:58:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:13:41	6:51	6	34:56	34	34:56	19.50	2:13:41	6:51	7	34:56	12	7:09
Kühude	20.50	2:19:39	6:48	7	35:16	37	35:16	40.00	4:33:20	6:49	7	1:10:12	12	6:29
Rhein-Weser-Tur	17.00	2:11:09	7:42	7	45:14	51	45:14	57.00	6:44:29	7:05	7	1:55:26	12	10:19
Kühude	17.00	2:16:09	8:00	7	44:54	43	44:54	74.00	9:00:38	7:18	7	2:40:20	12	11:45
Nasse Wiese	20.50	2:53:58	8:29	7	48:15	33	48:15	94.50	11:54:36	7:33	7	3:28:35	12	1:33
□□	6.50	47:17	7:16	7	15:06	46	16:22	-	12:41:53	-	7	3:43:41	39	3:43:41