



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Hobrack, Jörg

□□: L.T.-Düsseldorf/Süd

□□: 3050

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M45

□□□: 12:48:00

□□: 7.89 km/h

□□□□: 7:36 min/km

□□□□□/□□□: 51 (of 79)

□□□□□/□: 41 (of 65)

□□□□□□: 8:58:12

□□□□□: 10(of 18)

□□□□□□□: 9:26:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:06:32	6:29	6	27:46	20	27:47	19.50	2:06:32	6:29	1	-	1	-
Kühude	20.50	2:20:19	6:50	10	35:46	38	35:56	40.00	4:26:51	6:40	1	-	1	-
Rhein-Weser-Tur	17.00	2:07:19	7:29	12	36:54	45	41:24	57.00	6:34:10	6:54	1	-	1	-
Kühude	17.00	2:14:43	7:55	12	33:36	40	43:28	74.00	8:48:53	7:08	1	-	1	-
Nasse Wiese	20.50	3:04:10	8:59	12	48:52	47	58:27	94.50	11:53:03	7:32	1	-	1	-
□□	6.50	54:57	8:27	16	21:21	60	24:02	101.00	12:48:00	7:36	10	3:21:44	41	3:49:48