



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Mohnberg, Hans-Peter

□□□: 13:37:14

□□: Deutsche Ultramarathon Vereinigung

□□: 7.42 km/h

□□: 3110

□□□□: 8:05 min/km

□□: 101.00 km

□□□□□/□□□: 66 (of 79)

101 km Lauf

□□□□□/□: 55 (of 65)

□□□□□□: 8:58:12

□□□□:

□□□□□: 1(of 1)

Senioren M65

□□□□□□□: 13:37:14

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:22:53	7:19	1	-	48	44:08	19.50	2:22:53	7:19	1	-	23	16:21
Kühude	20.50	2:36:44	7:38	1	-	61	52:21	40.00	4:59:37	7:29	1	-	23	32:46
Rhein-Weser-Tur	17.00	2:07:52	7:31	1	-	46	41:57	57.00	7:07:29	7:29	1	-	23	33:19
Kühude	17.00	2:26:53	8:38	1	-	56	55:38	74.00	9:34:22	7:45	1	-	23	45:29
Nasse Wiese	20.50	3:10:30	9:17	1	-	55	1:04:47	94.50	12:44:52	8:05	1	-	23	51:49
□□	6.50	52:22	8:03	1	-	57	21:27	101.00	13:37:14	8:05	1	-	55	4:39:02