



# 7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Würl, Hans

□□□: 13:38:42

□□: Trail Team OWL / 100MC

□□: 7.40 km/h

□□: 3095

□□□□: 8:07 min/km

□□: 101.00 km

□□□□□/□□□: 67 (of 79)

101 km Lauf

□□□□□/□: 56 (of 65)

□□□□□□: 8:58:12

□□□□:

□□□□□: 18(of 20)

Senioren M50

□□□□□□□: 10:50:13

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:23:03	7:20	15	29:56	50	44:18	19.50	2:23:03	7:20	4	2:25	24	16:31
Kühude	20.50	2:30:42	7:21	19	29:56	56	46:19	40.00	4:53:45	7:20	4	14:03	24	26:54
Rhein-Weser-Tur	17.00	2:15:54	7:59	19	30:13	59	49:59	57.00	7:09:39	7:32	4	30:12	24	35:29
Kühude	17.00	2:23:53	8:27	17	38:42	53	52:38	74.00	9:33:32	7:45	4	48:23	24	44:39
Nasse Wiese	20.50	3:17:15	9:37	20	49:12	62	1:11:32	94.50	12:50:47	8:09	4	56:59	24	57:44
□□	6.50	47:55	7:22	18	17:00	48	17:00	101.00	13:38:42	8:06	18	2:48:29	56	4:40:30