



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Dumke, Holger

□□: BSG WAZ Essen

□□: 3035

Enduro U13

□□□□:

Senioren M35

□□□: 14:03:41

□□: - km/h

□□□□: 8:21 min/km

□□□□□/□□□□: 74 (of 79)

□□□□□/□: 61 (of 65)

□□□□□□: 8:58:12

□□□□□: 5(of 5)

□□□□□□□: 11:23:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:20:35	7:12	5	20:24	39	41:50	19.50	2:20:35	7:12	5	8:39	29	14:03
Kühude	20.50	2:32:36	7:26	5	29:47	59	48:13	40.00	4:53:11	7:19	5	32:45	29	26:20
Rhein-Weser-Tur	17.00	2:13:33	7:51	5	27:52	57	47:38	57.00	7:06:44	7:29	5	55:29	29	32:34
Kühude	17.00	2:35:13	9:07	5	33:09	61	1:03:58	74.00	9:41:57	7:51	5	1:28:38	29	53:04
Nasse Wiese	20.50	3:28:29	10:10	5	55:21	63	1:22:46	94.50	13:10:26	8:21	5	2:23:59	29	1:17:23
□□	6.50	53:15	8:11	5	17:30	59	22:20	-	14:03:41	-	5	2:40:20	61	5:05:29