



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Abrolat, Martin

□□: DJK Preussen 1911 Bochum

□□: 3156

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M55

□□□: 14:27:20

□□: 6.99 km/h

□□□□: 8:35 min/km

□□□□□/□□□: 76 (of 79)

□□□□□/□: 62 (of 65)

□□□□□□: 8:58:12

□□□□□: 7(of 7)

□□□□□□□: 11:00:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:31:27	7:45	6	22:09	60	52:42	19.50	2:31:27	7:45	7	19:15	30	24:55
Kühude	20.50	2:40:17	7:49	7	33:49	64	55:54	40.00	5:11:44	7:47	7	53:04	30	44:53
Rhein-Weser-Tur	17.00	2:27:49	8:41	7	38:18	64	1:01:54	57.00	7:39:33	8:03	7	1:31:22	30	1:05:23
Kühude	17.00	2:37:23	9:15	7	43:56	63	1:06:08	74.00	10:16:56	8:20	7	2:15:18	30	1:28:03
Nasse Wiese	20.50	3:11:59	9:21	7	49:05	60	1:06:16	94.50	13:28:55	8:33	7	3:04:23	30	1:35:52
□□	6.50	58:25	8:59	7	22:19	64	27:30	101.00	14:27:20	8:35	7	3:26:42	62	5:29:08