



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Szalai, Michael

□□: BSG Stadtwerke Duisburg AG

□□: 3088

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M45

□□□: 14:27:20

□□: 6.99 km/h

□□□□: 8:35 min/km

□□□□□/□□□: 77 (of 79)

□□□□□/□: 62 (of 65)

□□□□□□: 8:58:12

□□□□□: 18(of 18)

□□□□□□□: 9:26:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:25:14	7:26	16	46:28	57	46:29	19.50	2:25:14	7:26	2	18:42	31	18:42
Kühude	20.50	2:28:48	7:15	15	44:15	53	44:25	40.00	4:54:02	7:21	2	27:11	31	27:11
Rhein-Weser-Tur	17.00	2:22:59	8:24	18	52:34	62	57:04	57.00	7:17:01	7:40	2	42:51	31	42:51
Kühude	17.00	2:38:12	9:18	18	57:05	64	1:06:57	74.00	9:55:13	8:02	2	1:06:20	31	1:06:20
Nasse Wiese	20.50	3:33:56	10:26	18	1:18:38	64	1:28:13	94.50	13:29:09	8:33	2	1:36:06	31	1:36:06
□□	6.50	58:11	8:57	18	24:35	63	27:16	101.00	14:27:20	8:35	18	5:01:04	62	5:29:08