



# 7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Matschke, Manfred

□□□: 15:02:59

□□: 1. Tri-Team Gütersloh GTV

□□: 6.71 km/h

□□: 3067

□□□□: 8:56 min/km

□□: 101.00 km

□□□□□/□□□: 79 (of 79)

101 km Lauf

□□□□□/□: 65 (of 65)

□□□□□□: 8:58:12

□□□□:

□□□□□: 3(of 3)

Senioren M60

□□□□□□□: 10:48:18

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:21:29	7:15	2	19:24	42	42:44	19.50	2:21:29	7:15	3	19:24	33	14:57
Kühude	20.50	2:37:05	7:39	2	29:44	62	52:42	40.00	4:58:34	7:27	3	49:08	33	31:43
Rhein-Weser-Tur	17.00	2:29:37	8:48	3	45:58	65	1:03:42	57.00	7:28:11	7:51	3	1:35:06	33	54:01
Kühude	17.00	2:37:14	9:14	3	52:16	62	1:05:59	74.00	10:05:25	8:10	3	2:27:22	33	1:16:32
Nasse Wiese	20.50	3:48:49	11:09	3	1:19:31	65	1:43:06	94.50	13:54:14	8:49	3	3:46:53	33	2:01:11
□□	6.50	1:08:45	10:34	3	27:48	65	37:50	101.00	15:02:59	8:56	3	4:14:41	65	6:04:47