



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

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**Kaufmann, Sascha**

□□□: 9:49:51

□□: Pheidippides

□□: 6.82 km/h

□□: 146

□□□□: 8:48 min/km

□□: 67.00 km

□□□□□/□□□: 51 (of 52)

67 km Lauf

□□□□□/□: 45 (of 45)

□□□□□□: 5:42:02

□□□□:

□□□□□: 6(of 6)

Männer M40

□□□□□□□: 5:50:57

□□□□

□□□□

□□□

| □□□         | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□  | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| Nasse Wiese | 19.50    | 2:38:52  | 8:08         | 6       | 58:43   | 45      | 1:00:50 | 19.50 | 2:38:52 | 8:08 | 6       | 58:43   | 23      | 14:24   |
| Kühude      | 20.50    | 2:56:22  | 8:36         | 6       | 1:13:19 | 45      | 1:13:39 | 40.00 | 5:35:14 | 8:22 | 6       | 2:12:02 | 23      | 38:41   |
| Nasse Wiese | 20.50    | 3:24:32  | 9:58         | 6       | 1:30:12 | 44      | 1:46:28 | 60.50 | 8:59:46 | 8:55 | 6       | 3:42:14 | 23      | 1:13:22 |
| □□          | 6.50     | 50:05    | 7:42         | 6       | 17:05   | 38      | 23:43   | 67.00 | 9:49:51 | 8:48 | 6       | 3:58:54 | 44      | 4:07:49 |