



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

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Gerlach, Jörg

□□: 100 Marathon Club

□□: 607

□□: 101.00 km

101 km Lauf

□□□□:

Männer M50

□□□: 12:06:48

□□: 8.34 km/h

□□□□: 7:12 min/km

□□□□□/□□□: 29 (of 59)

□□□□□/□: 27 (of 52)

□□□□□□: 8:09:44

□□□□□: 8(of 13)

□□□□□□□: 8:57:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:08:15	6:34	5	28:45	28	39:33	19.50	2:08:15	6:34	8	28:45	14		
Kühude	20.50	2:13:25	6:30	6	30:16	26	40:21	40.00	4:21:40	6:32	8	59:01	14		
Rhein-Weser-Tur	17.00	1:58:13	6:57	6	29:53	23	37:11	57.00	6:19:53	6:39	8	1:28:54	14		
Kühude	17.00	2:11:48	7:45	9	39:58	30	43:59	74.00	8:31:41	6:54	8	2:08:52	14		
Nasse Wiese	20.50	2:53:49	8:28	11	51:15	34	1:02:46	94.50	11:25:30	7:15	8	3:00:07	14		
□□	6.50	41:18	6:21	9	8:57	26	13:14	101.00	12:06:48	7:11	8	3:09:04	27	3:57:04	