



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

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Schikowsky, Christian

□□□: 12:11:56

□□: Endorfin Junkies

□□: 8.28 km/h

□□: 670

□□□□: 7:15 min/km

□□: 101.00 km

□□□□□/□□□: 31 (of 59)

101 km Lauf

□□□□□/□: 29 (of 52)

□□□□□□: 8:09:44

□□□□:

□□□□□: 1(of 1)

Männer M20

□□□□□□□: 12:11:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:26:40	7:31	1	-	48	57:58	19.50	2:26:40	7:31	1	-	3	17:05
Kühude	20.50	2:27:56	7:12	1	-	44	54:52	40.00	4:54:36	7:21	1	-	3	21:25
Rhein-Weser-Tur	17.00	1:57:13	6:53	1	-	19	36:11	57.00	6:51:49	7:13	1	-	3	6:30
Kühude	17.00	2:11:31	7:44	1	-	29	43:42	74.00	9:03:20	7:20	1	-	3	1:01
Nasse Wiese	20.50	2:28:19	7:14	1	-	15	37:16	94.50	11:31:39	7:19	1	-	3	
□□	6.50	40:17	6:11	1	-	24	12:13	101.00	12:11:56	7:14	1	-	29	4:02:12