



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

□□□□

Schmitz, Henning

□□□: 12:22:04

□□: LC Duisburg

□□: 8.17 km/h

□□: 713

□□□□: 7:21 min/km

□□: 101.00 km

□□□□□/□□□: 34 (of 59)

101 km Lauf

□□□□□/□: 32 (of 52)

□□□□□□: 8:09:44

□□□□:

□□□□□: 7(of 10)

Männer M45

□□□□□□□: 8:56:58

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:12:06	6:46	9	32:45	36	43:24	19.50	2:12:06	6:46	7	32:45	6	2:31
Kühude	20.50	2:17:41	6:42	9	36:10	30	44:37	40.00	4:29:47	6:44	7	1:08:55	6	
Rhein-Weser-Tur	17.00	2:04:34	7:19	8	37:54	35	43:32	57.00	6:34:21	6:55	7	1:46:49	6	
Kühude	17.00	2:13:21	7:50	7	44:03	34	45:32	74.00	8:47:42	7:07	7	2:30:52	6	
Nasse Wiese	20.50	2:55:32	8:33	7	51:17	36	1:04:29	94.50	11:43:14	7:26	7	3:22:09	6	
□□	6.50	38:50	5:58	4	6:40	20	10:46	101.00	12:22:04	7:20	7	3:25:06	31	4:12:20