



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

□□□□

Schlüter, Gabriel

□□: 100 Marathon Club

□□: 609

□□: 101.00 km

101 km Lauf

□□□□:

Männer M60

□□□: 13:16:05

□□: 7.61 km/h

□□□□: 7:53 min/km

□□□□□/□□□: 52 (of 59)

□□□□□/□: 47 (of 52)

□□□□□□: 8:09:44

□□□□□: 3(of 4)

□□□□□□□: 13:01:17

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese     | 19.50    | 2:30:01  | 7:41         | 4       | 17:27   | 51      | 1:01:19 | 19.50  | 2:30:01   | 7:41          | 3       | 17:27   | 21      | 20:26   |
| Kühude          | 20.50    | 2:23:40  | 7:00         | 2       | 3:51    | 42      | 50:36   | 40.00  | 4:53:41   | 7:20          | 3       | 21:18   | 21      | 20:30   |
| Rhein-Weser-Tur | 17.00    | 2:03:10  | 7:14         | 1       | -       | 32      | 42:08   | 57.00  | 6:56:51   | 7:18          | 3       | 17:16   | 21      | 11:32   |
| Kühude          | 17.00    | 2:23:16  | 8:25         | 2       | 4:12    | 44      | 55:27   | 74.00  | 9:20:07   | 7:34          | 3       | 9:06    | 21      | 17:48   |
| Nasse Wiese     | 20.50    | 3:07:04  | 9:07         | 3       | 20:12   | 45      | 1:16:01 | 94.50  | 12:27:11  | 7:54          | 3       | 9:54    | 21      | 25:56   |
| □□              | 6.50     | 48:54    | 7:31         | 4       | 5:42    | 46      | 20:50   | 101.00 | 13:16:05  | 7:52          | 3       | 14:48   | 47      | 5:06:21 |