



# Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

□□□□

**Ngamkam, Angela**

□□: Bautzener LV

□□: 1351

□□: 67.00 km

67 km Lauf

□□□□:

Seniorinnen W45

□□□: 7:00:48

□□: 9.55 km/h

□□□□: 6:17 min/km

□□□□□/□□□: 54 (of 118)

□□□□□/□: 7 (of 23)

□□□□□□: 5:47:05

□□□□□: 3(of 4)

□□□□□□□: 6:22:04

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□□□□

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| □□□         | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□  | □□<br>- | □□<br>- | □□<br>□   | □□<br>□ |
|-------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|------|---------|---------|-----------|---------|
| Nasse Wiese | 19.50    | 2:10:41  | 6:42         | 3       | 18:00   | 9       | 26:01   | 19.50 | 2:10:41 | 6:42 | 3       | 18:00   | 18        |         |
| Kühude      | 20.50    | 2:05:09  | 6:06         | 3       | 11:57   | 5       | 19:27   | 40.00 | 4:15:50 | 6:23 | 3       | 29:57   | 18        |         |
| Nasse Wiese | 20.50    | 2:12:16  | 6:27         | 3       | 8:26    | 6       | 23:58   | 60.50 | 6:28:06 | 6:24 | 3       | 38:23   | 18        |         |
| □□          | 6.50     | 32:42    | 5:01         | 3       | 0:21    | 7       | 4:17    | 67.00 | 7:00:48 | 6:16 | 3       | 38:44   | 7 1:13:43 |         |