



# Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

□□□□

Loy, Stefan

□□: RSV Sugenheim

□□: 1768

□□: 67.00 km

67 km Lauf

□□□□:

Senioren M40

□□□: 7:45:11

□□: 8.64 km/h

□□□□: 6:56 min/km

□□□□□/□□□: 73 (of 118)

□□□□□/□: 63 (of 95)

□□□□□□: 4:51:45

□□□□□: 15(of 20)

□□□□□□□: 4:58:11

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:10:35	6:41	14	43:02	66	44:18	19.50	2:10:35	6:41	6	24:44	8	9:52
Kühude	20.50	2:17:30	6:42	15	49:40	65	49:40	40.00	4:28:05	6:42	6	43:23	8	23:41
Nasse Wiese	20.50	2:36:59	7:39	13	1:00:14	62	1:05:48	60.50	7:05:04	7:01	6	50:08	8	19:06
□□	6.50	40:07	6:10	12	14:04	62	14:59	67.00	7:45:11	6:56	15	2:47:00	63	2:53:26