



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

□□□□

Mann, Matthias

□□: Paderborn

□□: 1830

□□: 67.00 km

67 km Lauf

□□□□:

Senioren M40

□□□: 8:07:51

□□: 8.24 km/h

□□□□: 7:17 min/km

□□□□□/□□□: 83 (of 118)

□□□□□/□: 72 (of 95)

□□□□□□: 4:51:45

□□□□□: 17(of 20)

□□□□□□□: 4:58:11

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese | 19.50 | 2:17:41 | 7:03 | 20 | 50:08 | 78 | 51:24 | 19.50 | 2:17:41 | 7:03 | 4 | 31:50 | 46 | 16:58 |
| Kühude | 20.50 | 2:25:12 | 7:04 | 19 | 57:22 | 76 | 57:22 | 40.00 | 4:42:53 | 7:04 | 4 | 58:11 | 46 | 38:29 |
| Nasse Wiese | 20.50 | 2:44:15 | 8:00 | 15 | 1:07:30 | 74 | 1:13:04 | 60.50 | 7:27:08 | 7:23 | 4 | 1:12:12 | 45 | 41:10 |
| □□ | 6.50 | 40:43 | 6:15 | 13 | 14:40 | 63 | 15:35 | 67.00 | 8:07:51 | 7:16 | 17 | 3:09:40 | 72 | 3:16:06 |