



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

□□□□

Ott, Cordula

□□: RLT Rodgau

□□: 1788

□□: 67.00 km

67 km Lauf

□□□□:

Seniorinnen W50

□□□: 9:55:49

□□: 6.75 km/h

□□□□: 8:53 min/km

□□□□□/□□□: 111 (of 118)

□□□□□/□: 22 (of 23)

□□□□□□: 5:47:05

□□□□□: 4(of 4)

□□□□□□□: 8:11:32

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese | 19.50 | 2:36:38 | 8:01 | 4 | 13:11 | 20 | 51:58 | 19.50 | 2:36:38 | 8:01 | 4 | 13:10 | 3 | 13:12 |
| Kühude | 20.50 | 2:59:48 | 8:46 | 4 | 34:30 | 22 | 1:14:06 | 40.00 | 5:36:26 | 8:24 | 4 | 47:36 | 3 | 47:39 |
| Nasse Wiese | 20.50 | 3:28:29 | 10:10 | 4 | 45:15 | 22 | 1:40:11 | 60.50 | 9:04:55 | 9:00 | 4 | 1:32:48 | 3 | 1:32:54 |
| □□ | 6.50 | 50:54 | 7:49 | 4 | 11:29 | 21 | 22:29 | 67.00 | 9:55:49 | 8:53 | 4 | 1:44:17 | 22 | 4:08:44 |