



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

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Allenstein, Peter

□□: Laufteam Sportland Dornberg

□□: 1802

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M45

□□□: 11:58:38

□□: 8.43 km/h

□□□□: 7:07 min/km

□□□□□/□□□: 19 (of 45)

□□□□□/□: 19 (of 44)

□□□□□□: 9:03:40

□□□□□: 4(of 10)

□□□□□□□: 9:45:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:00:59	6:12	4	18:41	14	18:41	19.50	2:00:59	6:12	5	18:41	43	
Kühude	20.50	2:04:36	6:04	4	19:13	14	23:07	40.00	4:05:35	6:08	5	37:54	43	
Rhein-Weser-Tur	17.00	1:54:03	6:42	4	15:49	18	33:04	57.00	5:59:38	6:18	5	53:43	43	
Kühude	17.00	2:26:43	8:37	9	38:55	37	59:55	74.00	8:26:21	6:50	4	1:32:38	40	
Nasse Wiese	20.50	2:51:08	8:20	4	38:40	20	47:46	94.50	11:17:29	7:10	4	2:05:28	40	
□□	6.50	41:09	6:19	4	8:06	19	11:03	101.00	11:58:38	7:06	4	2:13:34	19	2:54:58