



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

□□□□

Balzk, Harald

□□: Die Orientierungslosen

□□: 1803

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M55

□□□: 12:15:16

□□: 8.24 km/h

□□□□: 7:17 min/km

□□□□□/□□□: 21 (of 45)

□□□□□/□: 21 (of 44)

□□□□□□: 9:03:40

□□□□□: 3(of 8)

□□□□□□□: 10:56:24

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese | 19.50 | 2:31:48 | 7:47 | 8 | 48:00 | 44 | 49:30 | 19.50 | 2:31:48 | 7:47 | 3 | 23:49 | 12 | 16:04 | |
| Kühude | 20.50 | 2:22:04 | 6:55 | 5 | 39:27 | 32 | 40:35 | 40.00 | 4:53:52 | 7:20 | 3 | 38:26 | 12 | 20:12 | |
| Rhein-Weser-Tur | 17.00 | 2:07:36 | 7:30 | 5 | 35:48 | 27 | 46:37 | 57.00 | 7:01:28 | 7:23 | 3 | 56:00 | 12 | 10:11 | |
| Kühude | 17.00 | 1:58:10 | 6:57 | 3 | 5:20 | 11 | 31:22 | 74.00 | 8:59:38 | 7:17 | 3 | 1:01:20 | 42 | | |
| Nasse Wiese | 20.50 | 2:38:13 | 7:43 | 2 | 16:54 | 14 | 34:51 | 94.50 | 11:37:51 | 7:23 | 3 | 1:18:14 | 42 | | |
| □□ | 6.50 | 37:25 | 5:45 | 2 | 0:38 | 8 | 7:19 | 101.00 | 12:15:16 | 7:16 | 3 | 1:18:52 | 21 | 3:11:36 | |