



Bödefelder Hollenlauf/ -Marsch
 Bödefeld / 19.05.2012

□□□□

Paczkowski, Dirk

□□: Marathon Soest e. V.
 □□: 1838

□□: 101.00 km
 101 km Lauf

□□□□:
 Senioren M50

□□□: 12:50:34

□□: 7.86 km/h
 □□□□: 7:38 min/km

□□□□□/□□□: 30 (of 45)

□□□□□/□: 29 (of 44)

□□□□□□: 9:03:40

□□□□□: 6(of 10)

□□□□□□□: 10:49:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:25:20	7:27	9	26:31	39	43:02	19.50	2:25:20	7:27	6	26:31	9	9:36
Kühude	20.50	2:29:43	7:18	9	29:37	40	48:14	40.00	4:55:03	7:22	6	56:08	9	21:23
Rhein-Weser-Tur	17.00	2:09:31	7:37	6	21:08	30	48:32	57.00	7:04:34	7:26	6	1:17:07	9	13:17
Kühude	17.00	2:13:45	7:52	4	20:16	25	46:57	74.00	9:18:19	7:32	6	1:37:23	8	9:32
Nasse Wiese	20.50	2:46:25	8:07	4	25:59	19	43:03	94.50	12:04:44	7:40	6	1:53:23	8	
□□	6.50	45:50	7:03	5	15:44	25	15:44	101.00	12:50:34	7:37	6	2:00:48	29	3:46:54