



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

□□□□

Loy, Thomas

□□: RSV Sugenheim

□□: 1829

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M45

□□□: 13:24:43

□□: 7.53 km/h

□□□□: 7:58 min/km

□□□□□/□□□: 35 (of 45)

□□□□□/□: 34 (of 44)

□□□□□□: 9:03:40

□□□□□: 8(of 10)

□□□□□□□: 9:45:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:10:36	6:41	5	28:18	21	28:18	19.50	2:10:36	6:41	9	28:18	14	
Kühude	20.50	2:17:34	6:42	8	32:11	26	36:05	40.00	4:28:10	6:42	9	1:00:29	14	
Rhein-Weser-Tur	17.00	2:12:16	7:46	9	34:02	35	51:17	57.00	6:40:26	7:01	9	1:34:31	14	
Kühude	17.00	2:18:40	8:09	7	30:52	30	51:52	74.00	8:59:06	7:17	8	2:05:23	13	
Nasse Wiese	20.50	3:25:48	10:02	10	1:13:20	40	1:22:26	94.50	12:24:54	7:52	8	3:12:53	13	13:47
□□	6.50	59:49	9:12	9	26:46	41	29:43	101.00	13:24:43	7:58	8	3:39:39	34	4:21:03