



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

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Lempken, Uwe

□□: Homberger TV

□□: 1828

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M50

□□□: 13:27:12

□□: 7.51 km/h

□□□□: 7:59 min/km

□□□□□/□□□: 36 (of 45)

□□□□□/□: 35 (of 44)

□□□□□□: 9:03:40

□□□□□: 7(of 10)

□□□□□□□: 10:49:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:21:29	7:15	6	22:40	35	39:11	19.50	2:21:29	7:15	7	22:40	15	5:45
Kühude	20.50	2:24:20	7:02	8	24:14	36	42:51	40.00	4:45:49	7:08	7	46:54	15	12:09
Rhein-Weser-Tur	17.00	2:08:50	7:34	5	20:27	28	47:51	57.00	6:54:39	7:16	7	1:07:12	15	3:22
Kühude	17.00	2:32:25	8:57	9	38:56	39	1:05:37	74.00	9:27:04	7:39	7	1:46:08	14	18:17
Nasse Wiese	20.50	3:12:07	9:22	9	51:41	38	1:08:45	94.50	12:39:11	8:02	7	2:27:50	14	28:04
□□	6.50	48:01	7:23	7	17:55	28	17:55	101.00	13:27:12	7:59	7	2:37:26	35	4:23:32