



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

□□□□

Schwalbach, Peter

□□: BSG-Duisburger Verkehrs AG

□□: 1846

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M45

□□□: 13:33:43

□□: 7.45 km/h

□□□□: 8:04 min/km

□□□□□/□□□: 38 (of 45)

□□□□□/□: 37 (of 44)

□□□□□□: 9:03:40

□□□□□: 9(of 10)

□□□□□□□: 9:45:04

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese | 19.50 | 2:22:35 | 7:18 | 10 | 40:17 | 38 | 40:17 | 19.50 | 2:22:35 | 7:18 | 10 | 40:17 | 17 | 6:51 |
| Kühude | 20.50 | 2:23:11 | 6:59 | 9 | 37:48 | 33 | 41:42 | 40.00 | 4:45:46 | 7:08 | 10 | 1:18:05 | 17 | 12:06 |
| Rhein-Weser-Tur | 17.00 | 2:08:55 | 7:34 | 8 | 30:41 | 29 | 47:56 | 57.00 | 6:54:41 | 7:16 | 10 | 1:48:46 | 17 | 3:24 |
| Kühude | 17.00 | 2:32:19 | 8:57 | 10 | 44:31 | 38 | 1:05:31 | 74.00 | 9:27:00 | 7:39 | 9 | 2:33:17 | 16 | 18:13 |
| Nasse Wiese | 20.50 | 3:07:00 | 9:07 | 8 | 54:32 | 32 | 1:03:38 | 94.50 | 12:34:00 | 7:58 | 9 | 3:21:59 | 16 | 22:53 |
| □□ | 6.50 | 59:43 | 9:11 | 8 | 26:40 | 38 | 29:37 | 101.00 | 13:33:43 | 8:03 | 9 | 3:48:39 | 37 | 4:30:03 |