



# Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

□□□□

## Schmidt, Sebastian

□□: Team Luftwaffe Köln

□□: 1368

Enduro Short U15 & 4Fun

□□□□:

Senioren M35

□□□: 6:38:26

□□: - km/h

□□□□: 5:57 min/km

□□□□□/□□□: 39 (of 118)

□□□□□/□: 36 (of 95)

□□□□□□: 4:51:45

□□□□□: 3(of 7)

□□□□□□□: 4:51:45

□□□□

□□□□

□□□

| □□□         | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□  | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| Nasse Wiese | 19.50    | 1:55:19  | 5:54         | 3       | 27:43   | 40      | 29:02   | 19.50 | 1:55:19 | 5:54 | 3       | 27:43   | 82      |         |
| Kühude      | 20.50    | 1:54:20  | 5:34         | 3       | 26:30   | 36      | 26:30   | 40.00 | 3:49:39 | 5:44 | 3       | 54:13   | 81      |         |
| Nasse Wiese | 20.50    | 2:13:02  | 6:29         | 3       | 41:51   | 40      | 2:13:02 | 60.50 | 6:02:41 | 5:59 | 3       | 1:36:04 | 81      |         |
| □□          | 6.50     | 35:45    | 5:30         | 3       | 10:37   | 45      | 10:37   | -     | 6:38:26 | -    | 3       | 1:46:41 | 36      | 1:46:41 |