



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

□□□□

Zimmermann, Walter

□□: LG Würzburg

□□: 1387

□□: 67.00 km

67 km DUV-DM

□□□□:

Senioren M55

□□□: 7:58:18

□□: 8.40 km/h

□□□□: 7:08 min/km

□□□□□/□□□: 80 (of 118)

□□□□□/□: 69 (of 95)

□□□□□□: 4:51:45

□□□□□: 9(of 10)

□□□□□□□: 5:53:40

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese | 19.50 | 2:27:09 | 7:32 | 10 | 43:26 | 83 | 1:00:52 | 19.50 | 2:27:09 | 7:32 | 9 | 43:26 | 2 | 26:26 |
| Kühude | 20.50 | 2:19:20 | 6:47 | 10 | 33:55 | 69 | 51:30 | 40.00 | 4:46:29 | 7:09 | 9 | 1:17:07 | 2 | 42:05 |
| Nasse Wiese | 20.50 | 2:32:41 | 7:26 | 9 | 38:43 | 60 | 2:32:41 | 60.50 | 7:19:10 | 7:15 | 9 | 1:55:50 | 2 | 33:12 |
| □□ | 6.50 | 39:08 | 6:01 | 9 | 10:15 | 56 | 14:00 | 67.00 | 7:58:18 | 7:08 | 9 | 2:04:38 | 69 | 3:06:33 |