



# Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

□□□□

Hempel, Hartmut

□□: LSF-Unna-2000

□□: 1322

□□: 67.00 km

67 km DUV-DM

□□□□:

Senioren M65

□□□: 8:04:47

□□: 8.29 km/h

□□□□: 7:14 min/km

□□□□□/□□□: 82 (of 118)

□□□□□/□: 71 (of 95)

□□□□□□: 4:51:45

□□□□□: 2(of 5)

□□□□□□□: 6:20:41

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:09:16	6:37	2	23:41	62	42:59	19.50	2:09:16	6:37	2	23:41	47	8:33
Kühude	20.50	2:17:09	6:41	2	25:16	65	49:19	40.00	4:26:25	6:39	2	48:57	47	22:01
Nasse Wiese	20.50	2:56:00	8:35	3	47:20	83	2:56:00	60.50	7:22:25	7:18	2	1:36:17	46	36:27
□□	6.50	42:22	6:31	2	7:49	68	17:14	67.00	8:04:47	7:14	2	1:44:06	71	3:13:02