



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

□□□□

Penka, Sebastian

□□: Lübeck

□□: 1771

□□: 67.00 km

67 km DUV-DM

□□□□:

Männer

□□□: 8:39:37

□□: 7.74 km/h

□□□□: 7:46 min/km

□□□□□/□□□: 96 (of 118)

□□□□□/□: 81 (of 95)

□□□□□□: 4:51:45

□□□□□: 7(of 8)

□□□□□□□: 5:01:18

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese | 19.50 | 2:28:53 | 7:38 | 7 | 1:02:36 | 86 | 1:02:36 | 19.50 | 2:28:53 | 7:38 | 7 | 57:28 | 25 | 28:10 |
| Kühude | 20.50 | 2:32:22 | 7:25 | 7 | 1:03:10 | 83 | 1:04:32 | 40.00 | 5:01:15 | 7:31 | 7 | 1:58:06 | 25 | 56:51 |
| Nasse Wiese | 20.50 | 2:49:11 | 8:15 | 8 | 1:16:34 | 79 | 2:49:11 | 60.50 | 7:50:26 | 7:46 | 7 | 3:14:40 | 24 | 1:04:28 |
| □□ | 6.50 | 49:11 | 7:33 | 8 | 23:39 | 81 | 24:03 | 67.00 | 8:39:37 | 7:45 | 7 | 3:38:19 | 81 | 3:47:52 |