



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

□□□□

Scholze, Andreas

□□□: 11:17:22

□□: TV Düsseldorf-Grafenberg

□□: 8.95 km/h

□□: 3082

□□□□: 6:43 min/km

□□: 101.00 km

□□□□□/□□□: 21 (of 79)

101 km Lauf

□□□□□/□: 17 (of 65)

□□□□□□: 8:58:12

□□□□:

□□□□□: 4(of 18)

Senioren M45

□□□□□□□: 9:26:16

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:06:02	6:27	5	27:16	18	27:17	19.50	2:06:02	6:27	16	-	34	
Kühude	20.50	2:11:06	6:23	7	26:33	26	26:43	40.00	4:17:08	6:25	16	-	34	
Rhein-Weser-Tur	17.00	1:48:11	6:21	4	17:46	14	22:16	57.00	6:05:19	6:24	16	-	34	
Kühude	17.00	1:48:21	6:22	3	7:14	10	17:06	74.00	7:53:40	6:24	16	-	34	
Nasse Wiese	20.50	2:32:21	7:25	4	17:03	14	26:38	94.50	10:26:01	6:37	16	-	34	
□□	6.50	51:21	7:54	12	17:45	53	20:26	101.00	11:17:22	6:42	4	1:51:06	17	2:19:10