



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Balz, Harald

□□: Bad Karlshafen

□□: 3025

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M55

□□□: 12:11:23

□□: 8.29 km/h

□□□□: 7:14 min/km

□□□□□/□□□: 36 (of 79)

□□□□□/□: 30 (of 65)

□□□□□□: 8:58:12

□□□□□: 3(of 7)

□□□□□□□: 11:00:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:37:03	8:03	7	27:45	63	58:18	19.50	2:37:03	8:03	3	24:51	63	30:31
Kühude	20.50	2:18:41	6:45	2	12:13	33	34:18	40.00	4:55:44	7:23	3	37:04	63	28:53
Rhein-Weser-Tur	17.00	1:58:20	6:57	3	8:49	30	32:25	57.00	6:54:04	7:15	3	45:53	63	19:54
Kühude	17.00	2:02:31	7:12	2	9:04	24	31:16	74.00	8:56:35	7:15	3	54:57	63	7:42
Nasse Wiese	20.50	2:35:49	7:36	2	12:55	19	30:06	94.50	11:32:24	7:19	3	1:07:52	63	
□□	6.50	38:59	5:59	3	2:53	21	8:04	101.00	12:11:23	7:14	3	1:10:45	30	3:13:11