



# 7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

□□□□

krieg, jürgen

□□: sus oberaden

□□: 3063

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M55

□□□: 12:38:52

□□: 7.99 km/h

□□□□: 7:31 min/km

□□□□□/□□□: 47 (of 79)

□□□□□/□: 37 (of 65)

□□□□□□: 8:58:12

□□□□□: 5(of 7)

□□□□□□□: 11:00:38

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese     | 19.50    | 2:21:59  | 7:16         | 4       | 12:41   | 44      | 43:14   | 19.50  | 2:21:59   | 7:16          | 5       | 9:47    | 14      | 15:27   |
| Kühude          | 20.50    | 2:21:32  | 6:54         | 4       | 15:04   | 39      | 37:09   | 40.00  | 4:43:31   | 7:05          | 5       | 24:51   | 14      | 16:40   |
| Rhein-Weser-Tur | 17.00    | 1:57:47  | 6:55         | 2       | 8:16    | 28      | 31:52   | 57.00  | 6:41:18   | 7:02          | 5       | 33:07   | 14      | 7:08    |
| Kühude          | 17.00    | 2:18:23  | 8:08         | 5       | 24:56   | 44      | 47:08   | 74.00  | 8:59:41   | 7:17          | 5       | 58:03   | 14      | 10:48   |
| Nasse Wiese     | 20.50    | 2:55:39  | 8:34         | 5       | 32:45   | 34      | 49:56   | 94.50  | 11:55:20  | 7:34          | 5       | 1:30:48 | 14      | 2:17    |
| □□              | 6.50     | 43:32    | 6:41         | 6       | 7:26    | 36      | 12:37   | 101.00 | 12:38:52  | 7:30          | 5       | 1:38:14 | 37      | 3:40:40 |