



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Paczkowski, Dirk

□□: Marathon Soest e. V.

□□: 3073

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M50

□□□: 12:44:01

□□: 7.93 km/h

□□□□: 7:34 min/km

□□□□□/□□□: 50 (of 79)

□□□□□/□: 40 (of 65)

□□□□□□: 8:58:12

□□□□□: 11(of 20)

□□□□□□□: 10:50:13

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:20:38	7:12	11	27:31	40	41:53	19.50	2:20:38	7:12	1	-	11	14:06
Kühude	20.50	2:19:04	6:47	11	18:18	35	34:41	40.00	4:39:42	6:59	1	-	11	12:51
Rhein-Weser-Tur	17.00	1:59:45	7:02	11	14:04	32	33:50	57.00	6:39:27	7:00	1	-	11	5:17
Kühude	17.00	2:05:42	7:23	10	20:31	28	34:27	74.00	8:45:09	7:05	1	-	11	
Nasse Wiese	20.50	3:08:39	9:12	17	40:36	54	1:02:56	94.50	11:53:48	7:33	1	-	11	0:45
□□	6.50	50:13	7:43	19	19:18	52	19:18	101.00	12:44:01	7:33	11	1:53:48	40	3:45:49