



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Ziemer, Ulrich

□□: Essen

□□: 3096

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M50

□□□: 12:50:12

□□: 7.87 km/h

□□□□: 7:38 min/km

□□□□□/□□□: 53 (of 79)

□□□□□/□: 42 (of 65)

□□□□□□: 8:58:12

□□□□□: 12(of 20)

□□□□□□□: 10:50:13

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese | 19.50 | 2:24:02 | 7:23 | 16 | 30:55 | 52 | 45:17 | 19.50 | 2:24:02 | 7:23 | 10 | 3:24 | 9 | 17:30 | |
| Kühude | 20.50 | 2:23:27 | 6:59 | 13 | 22:41 | 43 | 39:04 | 40.00 | 4:47:29 | 7:11 | 10 | 7:47 | 9 | 20:38 | |
| Rhein-Weser-Tur | 17.00 | 2:03:47 | 7:16 | 12 | 18:06 | 38 | 37:52 | 57.00 | 6:51:16 | 7:12 | 10 | 11:49 | 9 | 17:06 | |
| Kühude | 17.00 | 2:06:59 | 7:28 | 11 | 21:48 | 30 | 35:44 | 74.00 | 8:58:15 | 7:16 | 10 | 13:06 | 9 | 9:22 | |
| Nasse Wiese | 20.50 | 3:04:15 | 8:59 | 15 | 36:12 | 48 | 58:32 | 94.50 | 12:02:30 | 7:38 | 10 | 8:42 | 9 | 9:27 | |
| □□ | 6.50 | 47:42 | 7:20 | 17 | 16:47 | 47 | 16:47 | 101.00 | 12:50:12 | 7:37 | 12 | 1:59:59 | 42 | 3:52:00 | |