



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

□□□□

Hartmann, Johannes

□□□: 13:16:17

□□: ---

□□: 7.61 km/h

□□: 3045

□□□□: 7:53 min/km

□□: 101.00 km

□□□□□/□□□: 61 (of 79)

101 km Lauf

□□□□□/□: 50 (of 65)

□□□□□□: 8:58:12

□□□□:

□□□□□: 13(of 18)

Senioren M45

□□□□□□□: 9:26:16

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese | 19.50 | 2:20:19 | 7:11 | 10 | 41:33 | 38 | 41:34 | 19.50 | 2:20:19 | 7:11 | 7 | 13:47 | 10 | 13:47 | |
| Kühude | 20.50 | 2:27:49 | 7:12 | 14 | 43:16 | 52 | 43:26 | 40.00 | 4:48:08 | 7:12 | 7 | 21:17 | 10 | 21:17 | |
| Rhein-Weser-Tur | 17.00 | 2:11:54 | 7:45 | 15 | 41:29 | 54 | 45:59 | 57.00 | 7:00:02 | 7:22 | 7 | 25:52 | 10 | 25:52 | |
| Kühude | 17.00 | 2:21:36 | 8:19 | 15 | 40:29 | 51 | 50:21 | 74.00 | 9:21:38 | 7:35 | 7 | 32:45 | 10 | 32:45 | |
| Nasse Wiese | 20.50 | 3:02:58 | 8:55 | 11 | 47:40 | 44 | 57:15 | 94.50 | 12:24:36 | 7:52 | 7 | 31:33 | 10 | 31:33 | |
| □□ | 6.50 | 51:41 | 7:57 | 13 | 18:05 | 55 | 20:46 | 101.00 | 13:16:17 | 7:53 | 13 | 3:50:01 | 50 | 4:18:05 | |