



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

□□□□

Grohmann, Volker

□□: Troisdorfer LG M.U.T.

□□: 3042

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M45

□□□: 13:17:38

□□: 7.60 km/h

□□□□: 7:54 min/km

□□□□□/□□□: 62 (of 79)

□□□□□/□: 51 (of 65)

□□□□□□: 8:58:12

□□□□□: 14(of 18)

□□□□□□□: 9:26:16

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese | 19.50 | 2:22:46 | 7:19 | 13 | 44:00 | 47 | 44:01 | 19.50 | 2:22:46 | 7:19 | 6 | 16:14 | 19 | 16:14 |
| Kühude | 20.50 | 2:23:29 | 6:59 | 12 | 38:56 | 44 | 39:06 | 40.00 | 4:46:15 | 7:09 | 6 | 19:24 | 19 | 19:24 |
| Rhein-Weser-Tur | 17.00 | 2:11:21 | 7:43 | 14 | 40:56 | 52 | 45:26 | 57.00 | 6:57:36 | 7:19 | 6 | 23:26 | 19 | 23:26 |
| Kühude | 17.00 | 2:28:02 | 8:42 | 17 | 46:55 | 58 | 56:47 | 74.00 | 9:25:38 | 7:38 | 6 | 36:45 | 19 | 36:45 |
| Nasse Wiese | 20.50 | 3:04:58 | 9:01 | 15 | 49:40 | 51 | 59:15 | 94.50 | 12:30:36 | 7:56 | 6 | 37:33 | 19 | 37:33 |
| □□ | 6.50 | 47:02 | 7:14 | 8 | 13:26 | 43 | 16:07 | 101.00 | 13:17:38 | 7:53 | 14 | 3:51:22 | 51 | 4:19:26 |