



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

□□□□

Helle, Friedrich

□□□: 13:20:56

□□: Lage

□□: 7.57 km/h

□□: 3047

□□□□: 7:56 min/km

□□: 101.00 km

□□□□□/□□□: 64 (of 79)

101 km Lauf

□□□□□/□: 53 (of 65)

□□□□□□: 8:58:12

□□□□:

□□□□□: 15(of 18)

Senioren M45

□□□□□□□: 9:26:16

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese | 19.50 | 2:38:23 | 8:07 | 18 | 59:37 | 64 | 59:38 | 19.50 | 2:38:23 | 8:07 | 5 | 31:51 | 21 | 31:51 |
| Kühude | 20.50 | 2:31:00 | 7:21 | 16 | 46:27 | 57 | 46:37 | 40.00 | 5:09:23 | 7:44 | 5 | 42:32 | 21 | 42:32 |
| Rhein-Weser-Tur | 17.00 | 2:08:05 | 7:32 | 13 | 37:40 | 47 | 42:10 | 57.00 | 7:17:28 | 7:40 | 5 | 43:18 | 21 | 43:18 |
| Kühude | 17.00 | 2:14:22 | 7:54 | 11 | 33:15 | 39 | 43:07 | 74.00 | 9:31:50 | 7:43 | 5 | 42:57 | 21 | 42:57 |
| Nasse Wiese | 20.50 | 3:00:15 | 8:47 | 9 | 44:57 | 38 | 54:32 | 94.50 | 12:32:05 | 7:57 | 5 | 39:02 | 21 | 39:02 |
| □□ | 6.50 | 48:51 | 7:30 | 10 | 15:15 | 50 | 17:56 | 101.00 | 13:20:56 | 7:55 | 15 | 3:54:40 | 53 | 4:22:44 |