



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Ickert, Peter

□□: Marathon 4 You

□□: 3053

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M50

□□□: 13:56:53

□□: 7.24 km/h

□□□□: 8:17 min/km

□□□□□/□□□: 72 (of 79)

□□□□□/□: 60 (of 65)

□□□□□□: 8:58:12

□□□□□: 20(of 20)

□□□□□□□: 10:50:13

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:32:11	7:48	20	39:04	62	53:26	19.50	2:32:11	7:48	2	11:33	28	25:39
Kühude	20.50	2:39:25	7:46	20	38:39	63	55:02	40.00	5:11:36	7:47	2	31:54	28	44:45
Rhein-Weser-Tur	17.00	2:21:45	8:20	20	36:04	61	55:50	57.00	7:33:21	7:57	2	53:54	28	59:11
Kühude	17.00	2:26:23	8:36	18	41:12	54	55:08	74.00	9:59:44	8:06	2	1:14:35	28	1:10:51
Nasse Wiese	20.50	3:14:10	9:28	19	46:07	61	1:08:27	94.50	13:13:54	8:24	2	1:20:06	28	1:20:51
□□	6.50	42:59	6:36	11	12:04	35	12:04	101.00	13:56:53	8:17	20	3:06:40	60	4:58:41