



# 7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

□□□□

**Abrolat, Martin**

□□: DJK Preussen 1911 Bochum

□□: 3156

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M55

□□□: 14:27:20

□□: 6.99 km/h

□□□□: 8:35 min/km

□□□□□/□□□: 76 (of 79)

□□□□□/□: 62 (of 65)

□□□□□□: 8:58:12

□□□□□: 7(of 7)

□□□□□□□: 11:00:38

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese     | 19.50    | 2:31:27  | 7:45         | 6       | 22:09   | 60      | 52:42   | 19.50  | 2:31:27   | 7:45          | 7       | 19:15   | 30      | 24:55   |
| Kühude          | 20.50    | 2:40:17  | 7:49         | 7       | 33:49   | 64      | 55:54   | 40.00  | 5:11:44   | 7:47          | 7       | 53:04   | 30      | 44:53   |
| Rhein-Weser-Tur | 17.00    | 2:27:49  | 8:41         | 7       | 38:18   | 64      | 1:01:54 | 57.00  | 7:39:33   | 8:03          | 7       | 1:31:22 | 30      | 1:05:23 |
| Kühude          | 17.00    | 2:37:23  | 9:15         | 7       | 43:56   | 63      | 1:06:08 | 74.00  | 10:16:56  | 8:20          | 7       | 2:15:18 | 30      | 1:28:03 |
| Nasse Wiese     | 20.50    | 3:11:59  | 9:21         | 7       | 49:05   | 60      | 1:06:16 | 94.50  | 13:28:55  | 8:33          | 7       | 3:04:23 | 30      | 1:35:52 |
| □□              | 6.50     | 58:25    | 8:59         | 7       | 22:19   | 64      | 27:30   | 101.00 | 14:27:20  | 8:35          | 7       | 3:26:42 | 62      | 5:29:08 |