

8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch Bödefeld / 09.05.2014-10.05.2014



Rödig, Volker

□□: SV Blau-Weiß Bochum

□□: 519

□□: 42.00 km 42 km Lauf

Senioren M40

□□□: 4:25:59

□□: 9.47 km/h

□□□□: 6:20 min/km

_____: 18 (of 67)

____/_: 17 (of 55)

____: 3:03:07

□□□□: 7(of 12)

____: 3:34:18

km	ПП	min/km	_	_	П	П	km	□□ mi	in/km	_	_	П	П	

	ШШ				ШШ	ШШ						ШШ	
km		min/km	-	-			km		min/km	-	-		
19.50	2:00:58	6:12	8	22:18	20	39:11	19.50	2:00:58	6:12	7	22:18	45	
8.00	45:36	5:42	7	7:01	18	11:42	27.50	2:46:34	6:03	7	29:19	45	
14.50	1:39:25	6:51	7	22:22	18	31:59	42.00	4:25:59	6:19	7	51:41	17	1:22:52
	km 19.50 8.00	km	km	km	km	km	km min/km - - 19.50 2:00:58 6:12 8 22:18 20 39:11 8.00 45:36 5:42 7 7:01 18 11:42	km min/km - - km 19.50 2:00:58 6:12 8 22:18 20 39:11 19.50 8.00 45:36 5:42 7 7:01 18 11:42 27.50	km min/km - - km 19.50 2:00:58 6:12 8 22:18 20 39:11 19.50 2:00:58 8.00 45:36 5:42 7 7:01 18 11:42 27.50 2:46:34	km IIII min/km - - IIII km IIII min/km 19.50 2:00:58 6:12 8 22:18 20 39:11 19.50 2:00:58 6:12 8.00 45:36 5:42 7 7:01 18 11:42 27.50 2:46:34 6:03	km III min/km - - III km IIII min/km - 19.50 2:00:58 6:12 8 22:18 20 39:11 19.50 2:00:58 6:12 7 8.00 45:36 5:42 7 7:01 18 11:42 27.50 2:46:34 6:03 7	km III min/km - - III km III min/km - - 19.50 2:00:58 6:12 8 22:18 20 39:11 19.50 2:00:58 6:12 7 22:18 8.00 45:36 5:42 7 7:01 18 11:42 27.50 2:46:34 6:03 7 29:19	km III min/km - - III km III min/km - - III 19.50 2:00:58 6:12 8 22:18 20 39:11 19.50 2:00:58 6:12 7 22:18 45 8.00 45:36 5:42 7 7:01 18 11:42 27.50 2:46:34 6:03 7 29:19 45