



HOLLWEDEL, Jochen

 $\square\square$ : RSV Bruchhausen Vilsen

□□: 207

□□: 34.60 km

Rennen 3: 34,6 km Marathon

Senioren 2

□□□: 1:33:27

□□: 21.83 km/h

□□□□: 2:42 min/km

\_\_\_\_\_\_ 6 (of 38)

\_\_\_\_/\_: 6 (of 33)

[][][]: 1:26:29

| (of 10)

\_\_\_\_: 1:33:27

	km		min/km	-	-			km		min/km	-	-		
□□ <b>1</b>	0.80	1:48	2:15	4	0:04	9	0:06	0.80	1:48	2:15	4	0:04	9	0:06
□□ 2	16.50	44:45	2:42	1	-	5	3:19	17.30	46:33	2:41	1	-	5	3:25
□□□ Ziel	17.30	46:54	2:42	1	-	7	3:33	34.60	1:33:27	2:42	1	-	6	6:58