

# 6. Bödefelder Hollenmarsch über 101 km

Start: 19:00:00

Rücktour:

Plus Pausenzuschlag ab Jagdhs.für 08:00

1:50:00

Stunden



## Verpflegungs- und Zeitplan



Seite 1

| VP | Standort        | Nach<br>ca. km: | Lauf-<br>Kategorie | Ø Min.<br>je km | Durchlauf-<br>uhrzeit | Öffnungszeiten<br>von | bis      | Speise- u. Getränkekarte<br>nach Hollenart |
|----|-----------------|-----------------|--------------------|-----------------|-----------------------|-----------------------|----------|--|
| 1  | Bödefeld Brücke | 13              | Schnell            | 07:00           | 20:31:00              | 20:31:00              |          |  |
|    |                 |                 | Ultra              | 10:00           | 21:10:00              |                       |          |  |
|    |                 |                 | Allround           | 11:00           | 21:23:00              |                       |          |  |
|    |                 |                 | Newcomer           | 13:00           | 21:49:00              |                       |          |  |
|    |                 |                 | Fun                | 15:00           | 22:15:00              |                       |          |  |
|    |                 |                 | Genuss             | 15:30           | 22:21:30              | →                     | 22:21:30 |  |
| 2  | Nasse Wiese     | 19,5            | Schnell            | 07:00           | 21:16:30              | 21:16:30              |          |  |
|    |                 |                 | Ultra              | 10:00           | 22:15:00              |                       |          |  |
|    |                 |                 | Allround           | 11:00           | 22:34:30              |                       |          |  |
|    |                 |                 | Newcomer           | 13:00           | 23:13:30              |                       |          |  |
|    |                 |                 | Fun                | 15:00           | 23:52:30              |                       |          |  |
|    |                 |                 | Genuss             | 15:30           | 0:02:15               | →                     | 0:02:15  |  |
| 3  | Lenneplätze     | 29              | Schnell            | 07:00           | 22:23:00              | 22:23:00              |          |  |
|    |                 |                 | Ultra              | 10:00           | 23:50:00              |                       |          |  |
|    |                 |                 | Allround           | 11:00           | 0:19:00               |                       |          |  |
|    |                 |                 | Newcomer           | 13:00           | 1:17:00               |                       |          |  |
|    |                 |                 | Fun                | 15:00           | 2:15:00               |                       |          |  |
|    |                 |                 | Genuss             | 15:30           | 2:29:30               | →                     | 2:29:30  |  |
| 4  | Kühude          | 39              | Schnell            | 07:00           | 23:33:00              | 23:33:00              |          |  |
|    |                 |                 | Ultra              | 10:00           | 1:30:00               |                       |          |  |
|    |                 |                 | Allround           | 11:00           | 2:09:00               |                       |          |  |
|    |                 |                 | Newcomer           | 13:00           | 3:27:00               |                       |          |  |
|    |                 |                 | Fun                | 15:00           | 4:45:00               |                       |          |  |
|    |                 |                 | Genuss             | 15:30           | 5:04:30               | →                     | 5:04:30  |  |

Seite 2

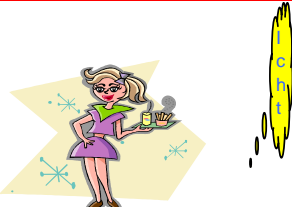
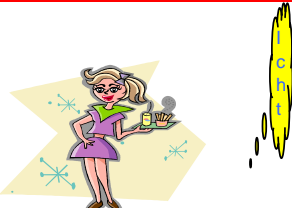
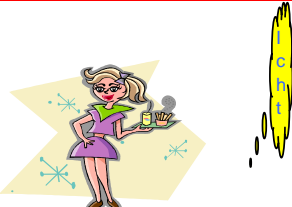
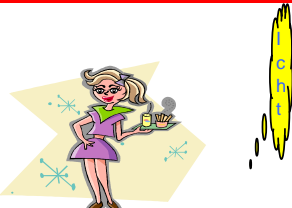
## 4. Bodefelder Hollenmarsch über 101 km

**Verpflegungs- und Zeitplan**

| VP            | Standort                | Nach      | Lauf-          | Ø Min.       | Durchlauf-     | Öffnungszeiten |             | Speise- u. Getränkekarte |
|---------------|-------------------------|-----------|----------------|--------------|----------------|----------------|-------------|--------------------------|
| <del>VP</del> | <del>Standort</del>     | ca. km:   | Kategorie      | je km        | uhrzeit        | von            | bis         | nach Hollenart           |
| <b>5</b>      | <b>Jagdhaus</b>         | <b>48</b> | <b>Schnell</b> | <b>07:00</b> | <b>0:36:00</b> | <b>0:36:00</b> |             |                          |
|               |                         |           | Ultra          | 10:00        | 3:00:00        | ↓              |             | ↑                        |
|               |                         |           | Allround       | 11:00        | 3:48:00        |                |             |                          |
|               |                         |           | Newcomer       | 13:00        | 5:24:00        |                |             |                          |
|               |                         |           | Fun            | 15:00        | 7:00:00        |                |             |                          |
|               |                         |           | Genuss         | 15:30        | 7:24:00        |                |             |                          |
| <b>6</b>      | <b>Rhein-Weser-Turm</b> | <b>57</b> | <b>Schnell</b> | <b>07:00</b> | <b>1:39:00</b> | <b>1:39:00</b> | Incl. Pause |                          |
|               |                         |           | Ultra          | 10:00        | 19:00:00       | ↓              |             | ↑                        |
|               |                         |           | Allround       | 11:00        | 5:27:00        |                |             |                          |
|               |                         |           | Newcomer       | 13:00        | 7:21:00        |                |             |                          |
|               |                         |           | Fun            | 15:00        | 9:15:00        |                |             |                          |
|               |                         |           | Genuss         | 15:30        | 9:43:30        |                |             |                          |
| <b>7</b>      | <b>Jagdhaus</b>         | <b>66</b> | <b>Schnell</b> | <b>07:00</b> | <b>2:42:00</b> | <b>4:32:00</b> | Incl. Pause |                          |
|               |                         |           | Ultra          | 10:00        | 6:00:00        | ↓              |             | ↑                        |
|               |                         |           | Allround       | 11:00        | 7:06:00        |                |             |                          |
|               |                         |           | Newcomer       | 13:00        | 9:18:00        |                |             |                          |
|               |                         |           | Fun            | 15:00        | 11:30:00       |                |             |                          |
|               |                         |           | Genuss         | 15:30        | 12:03:00       |                |             |                          |
| <b>8</b>      | <b>Kühude</b>           | <b>75</b> | <b>Schnell</b> | <b>07:00</b> | <b>3:45:00</b> | <b>5:35:00</b> | Incl. Pause |                          |
|               |                         |           | Ultra          | 10:00        | 7:30:00        | ↓              |             | ↑                        |
|               |                         |           | Allround       | 11:00        | 8:45:00        |                |             |                          |
|               |                         |           | Newcomer       | 13:00        | 11:15:00       |                |             |                          |
|               |                         |           | Fun            | 15:00        | 13:45:00       |                |             |                          |
|               |                         |           | Genuss         | 15:30        | 14:22:30       |                |             |                          |

## 6. Bödefelder Hollenmarsch über 101 km

### Verpflegungs- und Zeitplan

| VP            | Standort            | Nach    | Lauf-     | Ø Min. | Durchlauf- | Öffnungszeiten |             | Speise- u. Getränkekarte   |
|---------------|---------------------|---------|-----------|--------|------------|----------------|-------------|--|
| <del>VP</del> | <del>Standort</del> | ca. km: | Kategorie | je km  | uhrzeit    | von            | bis         | nach Hollenart   |
| 9             | Lenneplätze         | 85      | Schnell   | 07:00  | 4:55:00    | 6:45:00        | Incl. Pause |   |
|               |                     |         | Ultra     | 10:00  | 9:10:00    |                |             |  |
|               |                     |         | Allround  | 11:00  | 10:35:00   |                |             |  |
|               |                     |         | Newcomer  | 13:00  | 13:25:00   |                |             |  |
|               |                     |         | Fun       | 15:00  | 16:15:00   |                |             |  |
|               |                     |         | Genuss    | 15:30  | 16:57:30   |                | 16:57:30    |  |
| 10            | Altastenberg        | 89      | Schnell   | 07:00  | 5:23:00    | 7:13:00        | Incl. Pause |   |
|               |                     |         | Ultra     | 10:00  | 9:50:00    |                |             |  |
|               |                     |         | Allround  | 11:00  | 11:19:00   |                |             |  |
|               |                     |         | Newcomer  | 13:00  | 14:17:00   |                |             |  |
|               |                     |         | Fun       | 15:00  | 17:15:00   |                |             |  |
|               |                     |         | Genuss    | 15:30  | 17:59:30   |                | 17:59:30    |  |
| 11            | Nasse Wiese         | 94,5    | Schnell   | 07:00  | 6:01:30    | 7:51:30        | Incl. Pause |   |
|               |                     |         | Ultra     | 10:00  | 10:45:00   |                |             |  |
|               |                     |         | Allround  | 11:00  | 12:19:30   |                |             |  |
|               |                     |         | Newcomer  | 13:00  | 15:28:30   |                |             |  |
|               |                     |         | Fun       | 15:00  | 18:37:30   |                |             |  |
|               |                     |         | Genuss    | 15:30  | 19:24:45   |                | 19:24:45    |  |
| 12            | Forsthaus Dickel    | 98      | Schnell   | 07:00  | 11:26:00   | 13:16:00       | Incl. Pause |  |
|               |                     |         | Ultra     | 10:00  | 11:20:00   |                |             |  |
|               |                     |         | Allround  | 11:00  | 12:58:00   |                |             |  |
|               |                     |         | Newcomer  | 13:00  | 16:14:00   |                |             |  |
|               |                     |         | Fun       | 15:00  | 19:30:00   |                |             |  |
|               |                     |         | Genuss    | 15:30  | 20:19:00   |                | 20:19:00    |  |

## 6. Bödefelder Hollenmarsch über 101 km

Verpflegungs- und Zeitplan

| VP | Standort      | Nach    | Lauf-     | Ø Min. | Durchlauf- | Öffnungszeiten |             | Speise- u. Getränkekarte |
|----|---------------|---------|-----------|--------|------------|----------------|-------------|--------------------------|
|    |               | ca. km: | Kategorie | je km  | uhrzeit    | von            | bis         | nach Hollenart           |
| 13 | Ziel          | 101     | Schnell   | 07:00  | 6:47:00    | 8:37:00        | Incl. Pause |                          |
|    | Schützenhalle |         | Ultra     | 10:00  | 11:50:00   |                |             |                          |
|    |               |         | Allround  | 11:00  | 13:31:00   |                |             |                          |
|    |               |         | Newcomer  | 13:00  | 16:53:00   |                |             |                          |
|    |               |         | Fun       | 15:00  | 20:15:00   |                |             |                          |
|    |               |         | Genuss    | 15:30  | 21:05:30   |                | 21:05:30    |                          |