



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Lohrke, Ralf

□□: Werne

□□: 195

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M45

□□□: 11:26:53

□□: 8.82 km/h

□□□□: 6:48 min/km

□□□□□/□□□: 22 (of 98)

□□□□□/□: 17 (of 84)

□□□□□□: 8:25:02

□□□□□: 5(of 15)

□□□□□□□: 8:25:02

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese | 19.50 | 2:02:43 | 6:17 | 7 | 33:18 | 25 | 33:18 | 19.50 | 2:02:43 | 6:17 | 5 | 33:18 | 48 | |
| Kühude | 20.50 | 2:04:07 | 6:03 | 5 | 28:28 | 18 | 28:28 | 40.00 | 4:06:50 | 6:10 | 5 | 1:01:46 | 48 | |
| Rhein-Weser-Tur | 17.00 | 1:48:42 | 6:23 | 4 | 24:33 | 15 | 35:57 | 57.00 | 5:55:32 | 6:14 | 5 | 1:26:19 | 48 | |
| Kühude | 17.00 | 2:05:13 | 7:21 | 7 | 35:15 | 23 | 38:02 | 74.00 | 8:00:45 | 6:29 | 5 | 2:01:34 | 48 | |
| Nasse Wiese | 20.50 | 2:42:16 | 7:54 | 5 | 47:17 | 20 | 47:17 | 94.50 | 10:43:01 | 6:48 | 5 | 2:48:51 | 46 | |
| Ziel | 6.50 | 43:52 | 6:44 | 8 | 13:00 | 35 | 15:35 | 101.00 | 11:26:53 | 6:48 | 5 | 3:01:51 | 17 | 3:01:51 |