



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Pirl, Andreas

□□□: 11:54:45

□□: Leichlingen

□□: 8.48 km/h

□□: 210

□□□□: 7:05 min/km

□□: 101.00 km

□□□□□/□□□: 33 (of 98)

101 km Lauf

□□□□□/□: 27 (of 84)

□□□□□□: 8:25:02

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□□□□□: 4(of 7)

Senioren M35

□□□□□□□: 11:27:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:08:16	6:34	4	14:17	30	38:51	19.50	2:08:16	6:34	4	2:32	80		
Kühude	20.50	2:11:13	6:24	3	3:13	26	35:34	40.00	4:19:29	6:29	4	1:15	79		
Rhein-Weser-Tur	17.00	1:53:11	6:39	2	2:36	21	40:26	57.00	6:12:40	6:32	4	3:51	79		
Kühude	17.00	2:11:27	7:43	4	12:40	31	44:16	74.00	8:24:07	6:48	4	11:41	80		
Nasse Wiese	20.50	2:48:42	8:13	4	13:10	32	53:43	94.50	11:12:49	7:07	4	24:51	76		
Ziel	6.50	41:56	6:27	4	4:17	29	13:39	101.00	11:54:45	7:04	4	26:51	27	3:29:43	