



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Schläger, Lars

□□: Trail Team OWL

□□: 218

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M30

□□□: 12:02:20

□□: 8.39 km/h

□□□□: 7:09 min/km

□□□□□/□□□: 36 (of 98)

□□□□□/□: 29 (of 84)

□□□□□□: 8:25:02

□□□□□: 3(of 6)

□□□□□□□: 8:54:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:11:36	6:44	4	31:59	33	42:11	19.50	2:11:36	6:44	3	31:59	78		
Kühude	20.50	2:19:24	6:48	4	20:47	35	43:45	40.00	4:31:00	6:46	3	52:46	77		
Rhein-Weser-Tur	17.00	2:00:25	7:05	3	47:40	31	47:40	57.00	6:31:25	6:52	3	1:40:26	77		
Kühude	17.00	2:09:36	7:37	3	39:57	28	42:25	74.00	8:41:01	7:02	3	2:20:23	78		
Nasse Wiese	20.50	2:43:51	7:59	3	40:37	21	48:52	94.50	11:24:52	7:14	3	3:01:00	74		
Ziel	6.50	37:28	5:45	2	6:31	10	9:11	101.00	12:02:20	7:09	3	3:07:31	29	3:37:18	