



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Zipplies, Günter

□□: Soest

□□: 247

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M40

□□□: 12:07:09

□□: 8.33 km/h

□□□□: 7:12 min/km

□□□□□/□□□: 37 (of 98)

□□□□□/□: 30 (of 84)

□□□□□□: 8:25:02

□□□□□: 7(of 13)

□□□□□□□: 8:45:02

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese | 19.50 | 2:02:38 | 6:17 | 7 | 20:23 | 24 | 33:13 | 19.50 | 2:02:38 | 6:17 | 7 | 20:23 | 77 | | |
| Kühude | 20.50 | 2:11:47 | 6:25 | 7 | 26:28 | 27 | 36:08 | 40.00 | 4:14:25 | 6:21 | 7 | 46:51 | 76 | | |
| Rhein-Weser-Tur | 17.00 | 2:02:00 | 7:10 | 7 | 38:03 | 34 | 49:15 | 57.00 | 6:16:25 | 6:36 | 7 | 1:24:54 | 76 | | |
| Kühude | 17.00 | 2:18:22 | 8:08 | 8 | 51:11 | 39 | 51:11 | 74.00 | 8:34:47 | 6:57 | 7 | 2:16:05 | 77 | | |
| Nasse Wiese | 20.50 | 2:50:25 | 8:18 | 7 | 52:22 | 34 | 55:26 | 94.50 | 11:25:12 | 7:15 | 7 | 3:08:27 | 73 | | |
| Ziel | 6.50 | 41:57 | 6:27 | 5 | 13:40 | 30 | 13:40 | 101.00 | 12:07:09 | 7:11 | 7 | 3:22:07 | 30 | 3:42:07 | |