



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

□□□□

Lems, Hans

□□: NTB

□□: 193

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M50

□□□: 12:09:51

□□: 8.30 km/h

□□□□: 7:14 min/km

□□□□□/□□□: 38 (of 98)

□□□□□/□: 31 (of 84)

□□□□□□: 8:25:02

□□□□□: 7(of 22)

□□□□□□□: 9:37:03

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:24:59	7:26	10	35:43	53	55:34	19.50	2:24:59	7:26	17			76	
Kühude	20.50	2:23:07	6:58	8	30:04	40	47:28	40.00	4:48:06	7:12	17			75	
Rhein-Weser-Tur	17.00	2:02:23	7:11	7	28:51	35	49:38	57.00	6:50:29	7:12	17			75	
Kühude	17.00	2:03:12	7:14	6	24:45	21	36:01	74.00	8:53:41	7:12	17			76	
Nasse Wiese	20.50	2:36:54	7:39	5	28:38	17	41:55	94.50	11:30:35	7:18	17			62	
Ziel	6.50	39:16	6:02	5	4:47	21	10:59	101.00	12:09:51	7:13	7	2:32:48	31	3:44:49	