



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Balzk, Harald

□□: Bad Karlshafen

□□: 146

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M55

□□□: 12:22:27

□□: 8.16 km/h

□□□□: 7:21 min/km

□□□□□/□□□: 40 (of 98)

□□□□□/□: 33 (of 84)

□□□□□□: 8:25:02

□□□□□: 3(of 11)

□□□□□□□: 10:38:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:27:06	7:32	7	40:30	62	57:41	19.50	2:27:06	7:32	3	25:48	74		
Kühude	20.50	2:25:34	7:06	4	34:31	43	49:55	40.00	4:52:40	7:19	3	48:47	73		
Rhein-Weser-Tur	17.00	2:00:39	7:05	4	15:42	32	47:54	57.00	6:53:19	7:15	3	1:02:10	73		
Kühude	17.00	2:05:16	7:22	2	16:53	24	38:05	74.00	8:58:35	7:16	3	1:19:03	74		
Nasse Wiese	20.50	2:44:37	8:01	3	22:46	22	49:38	94.50	11:43:12	7:26	3	1:41:49	70		
Ziel	6.50	39:15	6:02	2	1:41	20	10:58	101.00	12:22:27	7:21	3	1:43:30	33	3:57:25	