



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Wahl, Thomas

□□: Team Egger Brilon

□□: 234

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M45

□□□: 12:47:01

□□: 7.90 km/h

□□□□: 7:35 min/km

□□□□□/□□□: 46 (of 98)

□□□□□/□: 37 (of 84)

□□□□□□: 8:25:02

□□□□□: 9(of 15)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:14:51	6:54	10	45:26	38	45:26	19.50	2:14:51	6:54	9	45:26	70		
Kühude	20.50	2:16:25	6:39	7	40:46	31	40:46	40.00	4:31:16	6:46	9	1:26:12	69		
Rhein-Weser-Tur	17.00	1:57:34	6:54	8	33:25	28	44:49	57.00	6:28:50	6:49	9	1:59:37	69		
Kühude	17.00	2:13:22	7:50	9	43:24	33	46:11	74.00	8:42:12	7:03	9	2:43:01	70		
Nasse Wiese	20.50	3:01:39	8:51	10	1:06:40	46	1:06:40	94.50	11:43:51	7:26	9	3:49:41	66		
Ziel	6.50	1:03:10	9:43	14	32:18	75	34:53	101.00	12:47:01	7:35	9	4:21:59	37	4:21:59	