



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Ladegast, Dieter

□□: precconGang

□□: 190

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M50

□□□: 12:47:18

□□: 7.90 km/h

□□□□: 7:36 min/km

□□□□□/□□□: 47 (of 98)

□□□□□/□: 38 (of 84)

□□□□□□: 8:25:02

□□□□□: 8(of 22)

□□□□□□□: 9:37:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:27:21	7:33	16	38:05	67	57:56	19.50	2:27:21	7:33	7			40	
Kühude	20.50	2:27:49	7:12	12	34:46	50	52:10	40.00	4:55:10	7:22	16			68	
Rhein-Weser-Tur	17.00	2:05:45	7:23	8	32:13	39	53:00	57.00	7:00:55	7:23	16			68	
Kühude	17.00	2:15:23	7:57	8	36:56	37	48:12	74.00	9:16:18	7:31	16			69	
Nasse Wiese	20.50	2:50:14	8:18	8	41:58	33	55:15	94.50	12:06:32	7:41	16			65	
Ziel	6.50	40:46	6:16	6	6:17	25	12:29	101.00	12:47:18	7:35	8	3:10:15	38	4:22:16	