



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Walker, Andreas

□□□: 12:49:21

□□: BSG RheinEnergie

□□: 7.88 km/h

□□: 235

□□□□: 7:37 min/km

□□: 101.00 km

□□□□□/□□□: 50 (of 98)

101 km Lauf

□□□□□/□: 40 (of 84)

□□□□□□: 8:25:02

□□□□:

□□□□□: 8(of 13)

Senioren M40

□□□□□□□: 8:45:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:15:44	6:57	8	33:29	39	46:19	19.50	2:15:44	6:57	8	33:29	67		
Kühude	20.50	2:19:37	6:48	8	34:18	36	43:58	40.00	4:35:21	6:53	8	1:07:47	66		
Rhein-Weser-Tur	17.00	2:08:17	7:32	9	44:20	41	55:32	57.00	6:43:38	7:04	8	1:52:07	66		
Kühude	17.00	2:14:14	7:53	6	47:03	36	47:03	74.00	8:57:52	7:16	8	2:39:10	67		
Nasse Wiese	20.50	3:00:33	8:48	8	1:02:30	43	1:05:34	94.50	11:58:25	7:36	8	3:41:40	63		
Ziel	6.50	50:56	7:50	10	22:39	54	22:39	101.00	12:49:21	7:37	8	4:04:19	40	4:24:19	