



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Becker, Mattin

□□: Troisdorfer LG M.U.T.

□□: 147

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M50

□□□: 12:57:27

□□: 7.79 km/h

□□□□: 7:42 min/km

□□□□□/□□□: 52 (of 98)

□□□□□/□: 41 (of 84)

□□□□□□: 8:25:02

□□□□□: 9(of 22)

□□□□□□□: 9:37:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:25:18	7:27	11	36:02	56	55:53	19.50	2:25:18	7:27	15			66	
Kühude	20.50	2:24:29	7:02	9	31:26	41	48:50	40.00	4:49:47	7:14	15			65	
Rhein-Weser-Tur	17.00	2:16:33	8:01	16	43:01	58	1:03:48	57.00	7:06:20	7:28	15			65	
Kühude	17.00	2:22:45	8:23	12	44:18	49	55:34	74.00	9:29:05	7:41	15			66	
Nasse Wiese	20.50	2:46:21	8:06	7	38:05	25	51:22	94.50	12:15:26	7:46	15			32	
Ziel	6.50	42:01	6:27	7	7:32	31	13:44	101.00	12:57:27	7:41	9	3:20:24	41	4:32:25	