



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Gräwe, Detlef

□□: Tri-As Hamm

□□: 173

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M60

□□□: 12:57:27

□□: 7.79 km/h

□□□□: 7:42 min/km

□□□□□/□□□: 53 (of 98)

□□□□□/□: 41 (of 84)

□□□□□□: 8:25:02

□□□□□: 2(of 6)

□□□□□□□: 10:08:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:12:40	6:48	2	17:55	35	43:15	19.50	2:12:40	6:48	2	17:55	65	
Kühude	20.50	2:21:41	6:54	2	22:58	38	46:02	40.00	4:34:21	6:51	2	40:53	33	
Rhein-Weser-Tur	17.00	2:09:12	7:35	2	29:07	42	56:27	57.00	6:43:33	7:04	2	1:10:00	33	
Kühude	17.00	2:28:55	8:45	3	47:23	58	1:01:44	74.00	9:12:28	7:27	2	1:57:23	65	
Nasse Wiese	20.50	3:04:47	9:00	3	46:44	49	1:09:48	94.50	12:17:15	7:48	2	2:44:07	21	
Ziel	6.50	40:12	6:11	2	4:43	24	11:55	101.00	12:57:27	7:41	2	2:48:50	41	4:32:25