



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

□□□□

Gräwe, Detlef

□□: Tri-As Hamm

□□: 173

Enduro U13

□□□□:

Senioren M60

□□□: 12:57:27

□□: - 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 | - | 12:57:27 | - | 2 | 2:48:50 | 41 | 4:32:25 |