



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Rave, Heini

□□□: 13:11:04

□□: Ava 70

□□: 7.66 km/h

□□: 212

□□□□: 7:50 min/km

□□: 101.00 km

□□□□□/□□□: 54 (of 98)

101 km Lauf

□□□□□/□: 43 (of 84)

□□□□□□: 8:25:02

□□□□:

□□□□□: 9(of 13)

Senioren M40

□□□□□□□: 8:45:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:29:33	7:40	13	47:18	73	1:00:08	19.50	2:29:33	7:40	9	47:18	33	
Kühude	20.50	2:29:37	7:17	11	44:18	52	53:58	40.00	4:59:10	7:28	9	1:31:36	21	
Rhein-Weser-Tur	17.00	2:17:49	8:06	10	53:52	62	1:05:04	57.00	7:16:59	7:39	9	2:25:28	21	
Kühude	17.00	2:22:17	8:22	9	55:06	48	55:06	74.00	9:39:16	7:49	9	3:20:34	33	
Nasse Wiese	20.50	2:48:00	8:11	6	49:57	30	53:01	94.50	12:27:16	7:54	9	4:10:31	20	
Ziel	6.50	43:48	6:44	6	15:31	34	15:31	101.00	13:11:04	7:49	9	4:26:02	43	4:46:02