



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Drenthel, Henrie

□□□: 13:11:04

□□: AVA70

□□: 7.66 km/h

□□: 156

□□□□: 7:50 min/km

□□: 101.00 km

□□□□□/□□□: 55 (of 98)

101 km Lauf

□□□□□/□: 43 (of 84)

□□□□□□: 8:25:02

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□□□□□: 10(of 15)

Senioren M45

□□□□□□□: 8:25:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:29:31	7:40	15	1:00:06	72	1:00:06	19.50	2:29:31	7:40	10	1:00:06	21	
Kühude	20.50	2:29:55	7:18	12	54:16	54	54:16	40.00	4:59:26	7:29	10	1:54:22	20	
Rhein-Weser-Tur	17.00	2:17:30	8:05	11	53:21	61	1:04:45	57.00	7:16:56	7:39	10	2:47:43	20	
Kühude	17.00	2:22:14	8:21	10	52:16	47	55:03	74.00	9:39:10	7:49	10	3:39:59	21	
Nasse Wiese	20.50	2:48:09	8:12	8	53:10	31	53:10	94.50	12:27:19	7:54	10	4:33:09	19	
Ziel	6.50	43:45	6:43	7	12:53	33	15:28	101.00	13:11:04	7:49	10	4:46:02	43	4:46:02