



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Neuhaus, Carsten

□□: Langenhagen

□□: 202

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M45

□□□: 13:13:04

□□: 7.64 km/h

□□□□: 7:51 min/km

□□□□□/□□□: 56 (of 98)

□□□□□/□: 45 (of 84)

□□□□□□: 8:25:02

□□□□□: 11(of 15)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:13:56	6:52	8	44:31	36	44:31	19.50	2:13:56	6:52	11	44:31	20		
Kühude	20.50	2:21:31	6:54	10	45:52	37	45:52	40.00	4:35:27	6:53	11	1:30:23	19		
Rhein-Weser-Tur	17.00	2:18:42	8:09	12	54:33	65	1:05:57	57.00	6:54:09	7:15	11	2:24:56	19		
Kühude	17.00	2:27:39	8:41	12	57:41	56	1:00:28	74.00	9:21:48	7:35	11	3:22:37	20		
Nasse Wiese	20.50	3:04:55	9:01	11	1:09:56	50	1:09:56	94.50	12:26:43	7:54	11	4:32:33	18		
Ziel	6.50	46:21	7:07	9	15:29	39	18:04	101.00	13:13:04	7:51	11	4:48:02	45	4:48:02	