



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Harenberg, Henk

□□: ASV Eibergen

□□: 176

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M50

□□□: 13:20:40

□□: 7.57 km/h

□□□□: 7:56 min/km

□□□□□/□□□: 58 (of 98)

□□□□□/□: 47 (of 84)

□□□□□□: 8:25:02

□□□□□: 10(of 22)

□□□□□□□: 9:37:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:26:23	7:30	14	37:07	61	56:58	19.50	2:26:23	7:30	14	-	18	
Kühude	20.50	2:26:05	7:07	10	33:02	44	50:26	40.00	4:52:28	7:18	14	-	17	
Rhein-Weser-Tur	17.00	2:09:33	7:37	9	36:01	43	56:48	57.00	7:02:01	7:24	14	-	17	
Kühude	17.00	2:18:36	8:09	9	40:09	40	51:25	74.00	9:20:37	7:34	14	-	18	
Nasse Wiese	20.50	3:12:28	9:23	15	1:04:12	58	1:17:29	94.50	12:33:05	7:58	14	-	16	
Ziel	6.50	47:35	7:19	12	13:06	46	19:18	101.00	13:20:40	7:55	10	3:43:37	47	4:55:38