



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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heitfeldt, ulrich

□□: lg hannover

□□: 177

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M55

□□□: 13:23:04

□□: 7.55 km/h

□□□□: 7:57 min/km

□□□□□/□□□: 59 (of 98)

□□□□□/□: 48 (of 84)

□□□□□□: 8:25:02

□□□□□: 7(of 11)

□□□□□□□: 10:38:57

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese     | 19.50    | 2:20:35  | 7:12         | 5       | 33:59   | 44      | 51:10   | 19.50  | 2:20:35   | 7:12      | 7             | 19:17   | 17      |         |         |
| Kühude          | 20.50    | 2:26:44  | 7:09         | 5       | 35:41   | 47      | 51:05   | 40.00  | 4:47:19   | 7:10      | 7             | 43:26   | 16      |         |         |
| Rhein-Weser-Tur | 17.00    | 2:12:51  | 7:48         | 8       | 27:54   | 48      | 1:00:06 | 57.00  | 7:00:10   | 7:22      | 7             | 1:09:01 | 16      |         |         |
| Kühude          | 17.00    | 2:24:41  | 8:30         | 7       | 36:18   | 52      | 57:30   | 74.00  | 9:24:51   | 7:37      | 7             | 1:45:19 | 17      |         |         |
| Nasse Wiese     | 20.50    | 3:05:57  | 9:04         | 6       | 44:06   | 51      | 1:10:58 | 94.50  | 12:30:48  | 7:56      | 7             | 2:29:25 | 15      |         |         |
| Ziel            | 6.50     | 52:16    | 8:02         | 8       | 14:42   | 58      | 23:59   | 101.00 | 13:23:04  | 7:57      | 7             | 2:44:07 | 48      | 4:58:02 |         |