



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Germing, Martin

□□: Lauffreunde Emsland

□□: 289

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M50

□□□: 13:27:01

□□: 7.51 km/h

□□□□: 7:59 min/km

□□□□□/□□□: 61 (of 98)

□□□□□/□: 50 (of 84)

□□□□□□: 8:25:02

□□□□□: 11(of 22)

□□□□□□□: 9:37:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:30:41	7:43	20	41:25	74	1:01:16	19.50	2:30:41	7:43	13		15	
Kühude	20.50	2:34:12	7:31	17	41:09	65	58:33	40.00	5:04:53	7:37	13	0:05	14	0:05
Rhein-Weser-Tur	17.00	2:13:34	7:51	12	40:02	51	1:00:49	57.00	7:18:27	7:41	13		14	
Kühude	17.00	2:25:56	8:35	14	47:29	54	58:45	74.00	9:44:23	7:53	13	4:33	15	4:33
Nasse Wiese	20.50	2:53:18	8:27	10	45:02	37	58:19	94.50	12:37:41	8:01	13		13	
Ziel	6.50	49:20	7:35	15	14:51	51	21:03	101.00	13:27:01	7:59	11	3:49:58	50	5:01:59