



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Fels, Manfred

□□: Lauffreunde Emsland

□□: 163

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M60

□□□: 13:27:02

□□: 7.51 km/h

□□□□: 7:59 min/km

□□□□□/□□□: 62 (of 98)

□□□□□/□: 51 (of 84)

□□□□□□: 8:25:02

□□□□□: 3(of 6)

□□□□□□□: 10:08:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:31:31	7:46	5	36:46	75	1:02:06	19.50	2:31:31	7:46	3	36:46	1	-
Kühude	20.50	2:33:17	7:28	3	34:34	58	57:38	40.00	5:04:48	7:37	3	1:11:20	1	-
Rhein-Weser-Tur	17.00	2:13:40	7:51	3	33:35	53	1:00:55	57.00	7:18:28	7:41	3	1:44:55	1	-
Kühude	17.00	2:21:22	8:18	2	39:50	42	54:11	74.00	9:39:50	7:50	3	2:24:45	1	-
Nasse Wiese	20.50	2:57:56	8:40	2	39:53	38	1:02:57	94.50	12:37:46	8:01	3	3:04:38	1	-
Ziel	6.50	49:16	7:34	3	13:47	49	20:59	101.00	13:27:02	7:59	3	3:18:25	51	5:02:00