



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Schmitz, Henning

□□: LC Duisburg / DUV

□□: 220

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M50

□□□: 13:36:47

□□: 7.42 km/h

□□□□: 8:05 min/km

□□□□□/□□□: 66 (of 98)

□□□□□/□: 54 (of 84)

□□□□□□: 8:25:02

□□□□□: 13(of 22)

□□□□□□□: 9:37:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:25:20	7:27	12	36:04	57	55:55	19.50	2:25:20	7:27	11		11	
Kühude	20.50	2:29:37	7:17	13	36:34	52	53:58	40.00	4:54:57	7:22	11		10	
Rhein-Weser-Tur	17.00	2:15:14	7:57	15	41:42	57	1:02:29	57.00	7:10:11	7:32	11		10	
Kühude	17.00	2:22:11	8:21	11	43:44	45	55:00	74.00	9:32:22	7:44	11		11	
Nasse Wiese	20.50	3:08:35	9:11	13	1:00:19	54	1:13:36	94.50	12:40:57	8:03	11	3:11	9	3:11
Ziel	6.50	55:50	8:35	19	21:21	71	27:33	101.00	13:36:47	8:05	13	3:59:44	54	5:11:45