



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Schmidt-Soltau, Peer

□□: 100 Marathon Club

□□: 1612

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M30

□□□: 13:36:47

□□: 7.42 km/h

□□□□: 8:05 min/km

□□□□□/□□□: 67 (of 98)

□□□□□/□: 54 (of 84)

□□□□□□: 8:25:02

□□□□□: 5(of 6)

□□□□□□□: 8:54:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:27:09	7:32	5	47:32	63	57:44	19.50	2:27:09	7:32	5	47:32	8	
Kühude	20.50	2:35:58	7:36	5	37:21	66	1:00:19	40.00	5:03:07	7:34	5	1:24:53	9	
Rhein-Weser-Tur	17.00	2:13:25	7:50	4	1:00:40	50	1:00:40	57.00	7:16:32	7:39	5	2:25:33	9	
Kühude	17.00	2:23:38	8:26	5	53:59	51	56:27	74.00	9:40:10	7:50	5	3:19:32	10	0:20
Nasse Wiese	20.50	3:01:02	8:49	4	57:48	45	1:06:03	94.50	12:41:12	8:03	5	4:17:20	8	3:26
Ziel	6.50	55:35	8:33	5	24:38	70	27:18	101.00	13:36:47	8:05	5	4:41:58	54	5:11:45