



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Hagel, Thomas

□□□: 13:40:03

□□: Endorphinjunkies.de - Dortmund

□□: 7.39 km/h

□□: 175

□□□□: 8:07 min/km

□□: 101.00 km

□□□□□/□□□: 69 (of 98)

101 km Lauf

□□□□□/□: 56 (of 84)

□□□□□□: 8:25:02

□□□□:

□□□□□: 14(of 22)

Senioren M50

□□□□□□□: 9:37:03

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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    | 2:27:09  | 7:32         | 15      | 37:53   | 63      | 57:44   | 19.50  | 2:27:09   | 7:32      | 10            |         |         | 8       |         |
| Kühude          | 20.50    | 2:36:08  | 7:36         | 19      | 43:05   | 68      | 1:00:29 | 40.00  | 5:03:17   | 7:34      | 10            |         |         | 7       |         |
| Rhein-Weser-Tur | 17.00    | 2:13:34  | 7:51         | 12      | 40:02   | 51      | 1:00:49 | 57.00  | 7:16:51   | 7:39      | 10            |         |         | 7       |         |
| Kühude          | 17.00    | 2:23:29  | 8:26         | 13      | 45:02   | 50      | 56:18   | 74.00  | 9:40:20   | 7:50      | 10            | 0:30    |         | 8       | 0:30    |
| Nasse Wiese     | 20.50    | 3:12:49  | 9:24         | 16      | 1:04:33 | 59      | 1:17:50 | 94.50  | 12:53:09  | 8:10      | 10            | 15:23   |         | 6       | 15:23   |
| Ziel            | 6.50     | 46:54    | 7:12         | 11      | 12:25   | 44      | 18:37   | 101.00 | 13:40:03  | 8:07      | 14            | 4:03:00 |         | 56      | 5:15:01 |