



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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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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