



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Binias, Jürgen

□□: LC Duisburg

□□: 148

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M50

□□□: 13:52:10

□□: 7.28 km/h

□□□□: 8:14 min/km

□□□□□/□□□: 72 (of 98)

□□□□□/□: 59 (of 84)

□□□□□□: 8:25:02

□□□□□: 16(of 22)

□□□□□□□: 9:37:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:27:29	7:33	18	38:13	70	58:04	19.50	2:27:29	7:33	8		4	
Kühude	20.50	2:33:55	7:30	16	40:52	63	58:16	40.00	5:01:24	7:32	8		4	
Rhein-Weser-Tur	17.00	2:10:18	7:39	10	36:46	45	57:33	57.00	7:11:42	7:34	8		4	
Kühude	17.00	2:29:08	8:46	16	50:41	60	1:01:57	74.00	9:40:50	7:50	8	1:00	4	1:00
Nasse Wiese	20.50	3:17:06	9:36	18	1:08:50	67	1:22:07	94.50	12:57:56	8:13	8	20:10	4	20:10
Ziel	6.50	54:14	8:20	18	19:45	64	25:57	101.00	13:52:10	8:14	16	4:15:07	59	5:27:08