



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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meithner, christian

□□: team-erdinger-alkoholfrei

□□: 200

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M35

□□□: 13:59:11

□□: 7.22 km/h

□□□□: 8:19 min/km

□□□□□/□□□: 74 (of 98)

□□□□□/□: 61 (of 84)

□□□□□□: 8:25:02

□□□□□: 7(of 7)

□□□□□□□: 11:27:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:21:19	7:14	7	27:20	48	51:54	19.50	2:21:19	7:14	7	15:35	2	
Kühude	20.50	2:44:38	8:01	7	36:38	80	1:08:59	40.00	5:05:57	7:38	7	47:43	2	1:09
Rhein-Weser-Tur	17.00	2:24:31	8:30	7	33:56	73	1:11:46	57.00	7:30:28	7:54	7	1:21:39	2	12:00
Kühude	17.00	2:35:14	9:07	7	36:27	67	1:08:03	74.00	10:05:42	8:11	7	1:53:16	2	25:52
Nasse Wiese	20.50	3:03:21	8:56	6	27:49	48	1:08:22	94.50	13:09:03	8:20	7	2:21:05	2	31:17
Ziel	6.50	50:08	7:42	5	12:29	53	21:51	101.00	13:59:11	8:18	7	2:31:17	61	5:34:09