



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Richter, Thorsten

□□: Team Erdinger Alkoholfrei

□□: 214

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M40

□□□: 14:02:22

□□: 7.19 km/h

□□□□: 8:20 min/km

□□□□□/□□□: 77 (of 98)

□□□□□/□: 64 (of 84)

□□□□□□: 8:25:02

□□□□□: 11(of 13)

□□□□□□□: 8:45:02

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese     | 19.50    | 2:21:09  | 7:14         | 10      | 38:54   | 47      | 51:44   | 19.50  | 2:21:09   | 7:14          | 12      | 38:54   | 41      |         |
| Kühude          | 20.50    | 2:44:30  | 8:01         | 12      | 59:11   | 79      | 1:08:51 | 40.00  | 5:05:39   | 7:38          | 12      | 1:38:05 | 41      | 0:51    |
| Rhein-Weser-Tur | 17.00    | 2:25:24  | 8:33         | 13      | 1:01:27 | 74      | 1:12:39 | 57.00  | 7:31:03   | 7:54          | 12      | 2:39:32 | 41      | 12:35   |
| Kühude          | 17.00    | 2:35:36  | 9:09         | 10      | 1:08:25 | 68      | 1:08:25 | 74.00  | 10:06:39  | 8:11          | 12      | 3:47:57 | 41      | 26:49   |
| Nasse Wiese     | 20.50    | 3:08:49  | 9:12         | 10      | 1:10:46 | 55      | 1:13:50 | 94.50  | 13:15:28  | 8:25          | 11      | 4:58:43 | 40      | 37:42   |
| Ziel            | 6.50     | 46:54    | 7:12         | 9       | 18:37   | 44      | 18:37   | 101.00 | 14:02:22  | 8:20          | 11      | 5:17:20 | 64      | 5:37:20 |