



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