



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Lempken, Uwe

□□: Homberger TV

□□: 350

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M50

□□□: 14:04:22

□□: 7.18 km/h

□□□□: 8:22 min/km

□□□□□/□□□: 78 (of 98)

□□□□□/□: 65 (of 84)

□□□□□□: 8:25:02

□□□□□: 17(of 22)

□□□□□□□: 9:37:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:27:21	7:33	16	38:05	67	57:56	19.50	2:27:21	7:33	7		40	
Kühude	20.50	2:27:27	7:11	11	34:24	49	51:48	40.00	4:54:48	7:22	7		40	
Rhein-Weser-Tur	17.00	2:17:11	8:04	17	43:39	59	1:04:26	57.00	7:11:59	7:34	7		40	
Kühude	17.00	2:54:36	10:16	22	1:16:09	82	1:27:25	74.00	10:06:35	8:11	7	26:45	40	26:45
Nasse Wiese	20.50	3:09:02	9:13	14	1:00:46	56	1:14:03	94.50	13:15:37	8:25	7	37:51	39	37:51
Ziel	6.50	48:45	7:30	13	14:16	47	20:28	101.00	14:04:22	8:21	17	4:27:19	65	5:39:20