



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Hoffmann, Christoph

□□□: 14:05:28

□□: DUV

□□: 7.17 km/h

□□: 181

□□□□: 8:22 min/km

□□: 101.00 km

□□□□□/□□□: 79 (of 98)

101 km Lauf

□□□□□/□: 66 (of 84)

□□□□□□: 8:25:02

□□□□:

□□□□□: 18(of 22)

Senioren M50

□□□□□□□: 9:37:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:21:20	7:14	9	32:04	49	51:55	19.50	2:21:20	7:14	6		39	
Kühude	20.50	2:22:16	6:56	7	29:13	39	46:37	40.00	4:43:36	7:05	6		39	
Rhein-Weser-Tur	17.00	2:17:26	8:05	18	43:54	60	1:04:41	57.00	7:01:02	7:23	6		39	
Kühude	17.00	2:31:35	8:55	17	53:08	63	1:04:24	74.00	9:32:37	7:44	6		39	
Nasse Wiese	20.50	3:27:43	10:07	21	1:19:27	77	1:32:44	94.50	13:00:20	8:15	6	22:34	38	22:34
Ziel	6.50	1:05:08	10:01	21	30:39	76	36:51	101.00	14:05:28	8:22	18	4:28:25	66	5:40:26