



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Willner, Peter

□□: Marathon Steinfurt

□□: 243

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M60

□□□: 14:06:36

□□: 7.16 km/h

□□□□: 8:23 min/km

□□□□□/□□□: 81 (of 98)

□□□□□/□: 68 (of 84)

□□□□□□: 8:25:02

□□□□□: 4(of 6)

□□□□□□□: 10:08:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:27:12	7:32	3	32:27	65	57:47	19.50	2:27:12	7:32	4	32:27	30	
Kühude	20.50	2:33:18	7:28	4	34:35	61	57:39	40.00	5:00:30	7:30	4	1:07:02	37	
Rhein-Weser-Tur	17.00	2:18:29	8:08	4	38:24	64	1:05:44	57.00	7:18:59	7:42	4	1:45:26	37	0:31
Kühude	17.00	2:38:49	9:20	6	57:17	74	1:11:38	74.00	9:57:48	8:04	4	2:42:43	37	17:58
Nasse Wiese	20.50	3:17:03	9:36	5	59:00	66	1:22:04	94.50	13:14:51	8:24	4	3:41:43	36	37:05
Ziel	6.50	51:45	7:57	4	16:16	56	23:28	101.00	14:06:36	8:22	4	3:57:59	68	5:41:34