



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Schneider, Andreas

□□□: 14:16:01

□□: TuS Miehlen

□□: 7.08 km/h

□□: 221

□□□□: 8:29 min/km

□□: 101.00 km

□□□□□/□□□: 85 (of 98)

101 km Lauf

□□□□□/□: 72 (of 84)

□□□□□□: 8:25:02

□□□□:

□□□□□: 14(of 15)

Senioren M45

□□□□□□□: 8:25:02

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese | 19.50 | 2:25:26 | 7:27 | 14 | 56:01 | 59 | 56:01 | 19.50 | 2:25:26 | 7:27 | 14 | 56:01 | 22 | | |
| Kühude | 20.50 | 2:37:58 | 7:42 | 14 | 1:02:19 | 71 | 1:02:19 | 40.00 | 5:03:24 | 7:35 | 14 | 1:58:20 | 22 | | |
| Rhein-Weser-Tur | 17.00 | 2:31:54 | 8:56 | 14 | 1:07:45 | 79 | 1:19:09 | 57.00 | 7:35:18 | 7:59 | 14 | 3:06:05 | 22 | 16:50 | |
| Kühude | 17.00 | 2:30:38 | 8:51 | 14 | 1:00:40 | 62 | 1:03:27 | 74.00 | 10:05:56 | 8:11 | 14 | 4:06:45 | 22 | 26:06 | |
| Nasse Wiese | 20.50 | 3:15:57 | 9:33 | 12 | 1:20:58 | 64 | 1:20:58 | 94.50 | 13:21:53 | 8:29 | 14 | 5:27:43 | 22 | 44:07 | |
| Ziel | 6.50 | 54:08 | 8:19 | 11 | 23:16 | 63 | 25:51 | 101.00 | 14:16:01 | 8:28 | 14 | 5:50:59 | 72 | 5:50:59 | |