



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Helf, Felix

□□: laufbruder

□□: 178

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M50

□□□: 14:17:15

□□: 7.07 km/h

□□□□: 8:29 min/km

□□□□□/□□□: 86 (of 98)

□□□□□/□: 73 (of 84)

□□□□□□: 8:25:02

□□□□□: 20(of 22)

□□□□□□□: 9:37:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:27:57	7:35	19	38:41	71	58:32	19.50	2:27:57	7:35	4		32	
Kühude	20.50	2:36:33	7:38	20	43:30	69	1:00:54	40.00	5:04:30	7:36	4		32	
Rhein-Weser-Tur	17.00	2:21:20	8:18	19	47:48	69	1:08:35	57.00	7:25:50	7:49	4	7:22	32	7:22
Kühude	17.00	2:39:49	9:24	20	1:01:22	76	1:12:38	74.00	10:05:39	8:11	4	25:49	32	25:49
Nasse Wiese	20.50	3:18:11	9:40	19	1:09:55	69	1:23:12	94.50	13:23:50	8:30	4	46:04	31	46:04
Ziel	6.50	53:25	8:13	17	18:56	60	25:08	101.00	14:17:15	8:29	20	4:40:12	73	5:52:13