



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Zimmermann, Jörg

□□□: 14:19:49

□□: Halberstadt

□□: 7.05 km/h

□□: 246

□□□□: 8:31 min/km

□□: 101.00 km

□□□□□/□□□: 87 (of 98)

101 km Lauf

□□□□□/□: 74 (of 84)

□□□□□□: 8:25:02

□□□□:

□□□□□: 15(of 15)

Senioren M45

□□□□□□□: 8:25:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:25:16	7:26	12	55:51	55	55:51	19.50	2:25:16	7:26	15	55:51	31	
Kühude	20.50	2:38:12	7:43	15	1:02:33	72	1:02:33	40.00	5:03:28	7:35	15	1:58:24	31	
Rhein-Weser-Tur	17.00	2:26:10	8:35	13	1:02:01	75	1:13:25	57.00	7:29:38	7:53	15	3:00:25	31	11:10
Kühude	17.00	2:37:12	9:14	15	1:07:14	69	1:10:01	74.00	10:06:50	8:12	15	4:07:39	31	27:00
Nasse Wiese	20.50	3:18:16	9:40	14	1:23:17	70	1:23:17	94.50	13:25:06	8:31	15	5:30:56	30	47:20
Ziel	6.50	54:43	8:25	13	23:51	67	26:26	101.00	14:19:49	8:30	15	5:54:47	74	5:54:47