



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 |