



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Eden, Gerd

□□: Bochum

□□: 159

Enduro U13

□□□□:

Senioren M60

□□□: 14:30:01

□□: - km/h

□□□□: 8:37 min/km

□□□□□/□□□: 88 (of 98)

□□□□□/□: 75 (of 84)

□□□□□□: 8:25:02

□□□□□: 5(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	2:43:28	7:58	5	44:45	76	1:07:49	40.00	5:10:40	7:46	5	1:17:12	30	5:52
Rhein-Weser-Tur	17.00	2:24:11	8:28	5	44:06	72	1:11:26	57.00	7:34:51	7:58	5	2:01:18	30	16:23
Kühude	17.00	2:37:18	9:15	4	55:46	71	1:10:07	74.00	10:12:09	8:16	5	2:57:04	30	32:19
Nasse Wiese	20.50	3:24:04	9:57	6	1:06:01	74	1:29:05	94.50	13:36:13	8:38	5	4:03:05	29	58:27
Ziel	6.50	53:48	8:16	5	18:19	61	25:31	-	14:30:01	-	5	4:21:24	75	6:04:59