



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

□□□□

Höller MSc, Dr. med. Uwe

□□□: 14:42:06

□□: DUV

□□: 6.87 km/h

□□: 182

□□□□: 8:44 min/km

□□: 101.00 km

□□□□□/□□□: 90 (of 98)

101 km Lauf

□□□□□/□: 77 (of 84)

□□□□□□: 8:25:02

□□□□:

□□□□□: 11(of 11)

Senioren M55

□□□□□□□: 10:38:57

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:40:02	8:12	11	53:26	82	1:10:37	19.50	2:40:02	8:12	11	38:44	28	8:31
Kühude	20.50	2:44:39	8:01	11	53:36	81	1:09:00	40.00	5:24:41	8:07	11	1:20:48	28	19:53
Rhein-Weser-Tur	17.00	2:38:46	9:20	11	53:49	82	1:26:01	57.00	8:03:27	8:28	11	2:12:18	28	44:59
Kühude	17.00	2:32:11	8:57	9	43:48	64	1:05:00	74.00	10:35:38	8:35	11	2:56:06	28	55:48
Nasse Wiese	20.50	3:13:26	9:26	9	51:35	61	1:18:27	94.50	13:49:04	8:46	11	3:47:41	27	1:11:18
Ziel	6.50	53:02	8:09	9	15:28	59	24:45	101.00	14:42:06	8:44	11	4:03:09	77	6:17:04