



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Drexler, Hans

□□: Lahmsoggen Nation

□□: 157

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M60

□□□: 14:52:41

□□: 6.79 km/h

□□□□: 8:50 min/km

□□□□□/□□□: 92 (of 98)

□□□□□/□: 79 (of 84)

□□□□□□: 8:25:02

□□□□□: 6(of 6)

□□□□□□□: 10:08:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:41:56	8:18	6	47:11	83	1:12:31	19.50	2:41:56	8:18	6	47:11	26	10:25
Kühude	20.50	2:49:57	8:17	6	51:14	83	1:14:18	40.00	5:31:53	8:17	6	1:38:25	26	27:05
Rhein-Weser-Tur	17.00	2:30:09	8:49	6	50:04	78	1:17:24	57.00	8:02:02	8:27	6	2:28:29	26	43:34
Kühude	17.00	2:37:44	9:16	5	56:12	72	1:10:33	74.00	10:39:46	8:38	6	3:24:41	26	59:56
Nasse Wiese	20.50	3:15:17	9:31	4	57:14	62	1:20:18	94.50	13:55:03	8:50	6	4:21:55	25	1:17:17
Ziel	6.50	57:38	8:52	6	22:09	72	29:21	101.00	14:52:41	8:50	6	4:44:04	79	6:27:39