



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Heite, Meinolf

□□: TUS Wallenstein

□□: 1590

□□: 101.00 km

101 km Lauf

□□□□:

Männer

□□□: 15:05:03

□□: 6.70 km/h

□□□□: 8:58 min/km

□□□□□/□□□: 93 (of 98)

□□□□□/□: 80 (of 84)

□□□□□□: 8:25:02

□□□□□: 2(of 3)

□□□□□□□: 13:27:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:22:24	7:18	2	5:52	50	52:59	19.50	2:22:24	7:18	2		25	
Kühude	20.50	2:30:33	7:20	2	5:01	56	54:54	40.00	4:52:57	7:19	2		25	
Rhein-Weser-Tur	17.00	2:29:51	8:48	3	16:11	77	1:17:06	57.00	7:22:48	7:46	2	4:20	25	4:20
Kühude	17.00	2:41:47	9:30	3	20:25	78	1:14:36	74.00	10:04:35	8:10	2	24:45	25	24:45
Nasse Wiese	20.50	3:54:46	11:27	2	56:50	81	1:59:47	94.50	13:59:21	8:52	2	1:21:35	24	1:21:35
Ziel	6.50	1:05:42	10:06	2	15:50	77	37:25	101.00	15:05:03	8:57	2	1:37:25	80	6:40:01