



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Pfoser, Leopold

□□□: 15:09:21

□□: 65205

□□: 6.66 km/h

□□: 209

□□□□: 9:00 min/km

□□: 101.00 km

□□□□□/□□□: 94 (of 98)

101 km Lauf

□□□□□/□: 81 (of 84)

□□□□:

□□□□□: 1(of 1)

Senioren M65

□□□□□□□: 15:09:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:32:31	7:49	1	-	78	1:03:06	19.50	2:32:31	7:49	1	-	24	1:00
Kühude	20.50	2:41:15	7:51	1	-	74	1:05:36	40.00	5:13:46	7:50	1	-	24	8:58
Rhein-Weser-Tur	17.00	2:47:08	9:49	1	-	83	1:34:23	57.00	8:00:54	8:26	1	-	24	42:26
Kühude	17.00	2:41:56	9:31	1	-	79	1:14:45	74.00	10:42:50	8:41	1	-	24	1:03:00
Nasse Wiese	20.50	3:32:30	10:21	1	-	80	1:37:31	94.50	14:15:20	9:03	1	-	23	1:37:34
Ziel	6.50	54:01	8:18	1	-	62	25:44	101.00	15:09:21	9:00	1	-	81	6:44:19