



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Spernol, Andreas

□□: LF Ehberg 02

□□: 331

Enduro Short U15 & 4Fun

□□□□:

Senioren M40

□□□: 7:37:11

□□: - km/h

□□□□: 6:49 min/km

□□□□□/□□□: 45 (of 80)

□□□□□/□: 35 (of 60)

□□□□□□: 4:42:05

□□□□□: 8(of 10)

□□□□□□□: 4:48:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:10:12	6:40	8	45:24	39	47:24	19.50	2:10:12	6:40	8	45:24	6	
Kühude	20.50	2:18:37	6:45	8	51:54	35	52:32	40.00	4:28:49	6:43	8	1:37:18	6	
Nasse Wiese	20.50	2:27:18	7:11	7	55:19	36	1:00:20	60.50	6:56:07	6:52	8	2:32:37	7	
Ziel	6.50	41:04	6:19	8	15:44	37	16:51	-	7:37:11	-	8	2:48:21	35	2:55:06