



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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**Klasmeier, Michael**

□□: Wiedenbrücker TV

□□: 185

□□: 67.00 km

67 km Lauf

□□□□:

Senioren M50

□□□: 7:55:21

□□: 8.46 km/h

□□□□: 7:05 min/km

□□□□□/□□□: 48 (of 80)

□□□□□/□: 37 (of 60)

□□□□□□: 4:42:05

□□□□□: 8(of 16)

□□□□□□□: 5:19:47

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□□□□

□□□

| □□□         | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese | 19.50    | 2:19:47  | 7:10         | 11      | 46:12   | 44      | 56:59   | 19.50 | 2:19:47   | 7:10      | 8             | 46:12   | 8       | 6:31    |         |
| Kühude      | 20.50    | 2:21:14  | 6:53         | 10      | 44:32   | 40      | 55:09   | 40.00 | 4:41:01   | 7:01      | 8             | 1:29:37 | 8       | 2:53    |         |
| Nasse Wiese | 20.50    | fehlt!   | -            | -       | -       | -       | -       | 60.50 | -         | -         | -             | -       | -       | -       |         |
| Ziel        | 6.50     | 3:14:20  | 29:53        | 16      | 2:49:20 | 58      | 2:50:07 | 67.00 | 7:55:21   | 7:05      | 8             | 2:35:34 | 37      | 3:13:16 |         |