



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

□□□□

Blank, Heinz gerd

□□□: 7:58:51

□□: TURA Brüggen 1923 e.V.

□□: 8.40 km/h

□□: 1591

□□□□: 7:09 min/km

□□: 67.00 km

□□□□□/□□□: 50 (of 80)

67 km Lauf

□□□□□/□: 39 (of 60)

□□□□□□: 4:42:05

□□□□:

□□□□□: 3(of 5)

Senioren M55

□□□□□□□: 6:54:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:20:37	7:12	3	22:40	46	57:49	19.50	2:20:37	7:12	3	22:40	10	7:21	
Kühude	20.50	2:32:22	7:25	4	30:37	48	1:06:17	40.00	4:52:59	7:19	3	53:17	10	14:51	
Nasse Wiese	20.50	2:29:54	7:18	3	11:44	37	1:02:56	60.50	7:22:53	7:19	3	1:05:01	10		
Ziel	6.50	35:58	5:31	1	-	28	11:45	67.00	7:58:51	7:08	3	1:04:36	39	3:16:46	