



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Ernst, Roland

□□: LC Olympia Wiesbaden

□□: 287

Enduro Short U15 & 4Fun

□□□□:

Senioren M55

□□□: 8:07:31

□□: - km/h

□□□□: 7:17 min/km

□□□□□/□□□: 54 (of 80)

□□□□□/□: 43 (of 60)

□□□□□□: 4:42:05

□□□□□: 4(of 5)

□□□□□□□: 6:54:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:22:48	7:19	4	24:51	47	1:00:00	19.50	2:22:48	7:19	4	24:51	14	9:32
Kühude	20.50	2:25:12	7:04	3	23:27	43	59:07	40.00	4:48:00	7:12	4	48:18	14	9:52
Nasse Wiese	20.50	2:38:27	7:43	4	20:17	42	1:11:29	60.50	7:26:27	7:22	4	1:08:35	14	
Ziel	6.50	41:04	6:19	4	5:06	37	16:51	-	8:07:31	-	4	1:13:16	43	3:25:26