



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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**Metzler, Alex**

□□: Coolrunners-Germany

□□: 1616

□□: 67.00 km

67 km Lauf

□□□□:

Senioren M30

□□□: 8:11:37

□□: 8.18 km/h

□□□□: 7:20 min/km

□□□□□/□□□: 55 (of 80)

□□□□□/□: 44 (of 60)

□□□□□□: 4:42:05

□□□□□: 4(of 4)

□□□□□□□: 5:27:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:30:19	7:42	4	1:00:27	52	1:07:31	19.50	2:30:19	7:42	4	1:00:27	15	17:03
Kühude	20.50	2:29:50	7:18	4	56:06	46	1:03:45	40.00	5:00:09	7:30	4	1:56:33	15	22:01
Nasse Wiese	20.50	2:32:39	7:26	4	1:05:16	38	1:05:41	60.50	7:32:48	7:29	4	2:32:45	15	0:03
Ziel	6.50	38:49	5:58	3	11:37	34	14:36	67.00	8:11:37	7:20	4	2:44:22	44	3:29:32