



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Kunzfeld, Georg

□□□: 8:45:02

□□: passtschon98

□□: 11.54 km/h

□□: 187

□□□□: 5:12 min/km

□□: 101.00 km

□□□□□/□□□: 2 (of 98)

101 km Lauf

□□□□□/□: 2 (of 84)

□□□□□□: 8:25:02

□□□□:

□□□□□: 1(of 13)

Senioren M40

□□□□□□□: 8:45:02

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| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□     | □□□  | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|--------|---------|------|---------|---------|---------|---------|
| Nasse Wiese     | 19.50    | 1:42:15  | 5:14         | 1       | -       | 3       | 12:50   | 19.50  | 1:42:15 | 5:14 | 1       | -       | 63      |         |
| Kühude          | 20.50    | 1:45:19  | 5:08         | 1       | -       | 2       | 9:40    | 40.00  | 3:27:34 | 5:11 | 1       | -       | 63      |         |
| Rhein-Weser-Tur | 17.00    | 1:23:57  | 4:56         | 1       | -       | 2       | 11:12   | 57.00  | 4:51:31 | 5:06 | 1       | -       | 63      |         |
| Kühude          | 17.00    | 1:27:11  | 5:07         | 1       | -       | 1       | -       | 74.00  | 6:18:42 | 5:07 | 1       | -       | 63      |         |
| Nasse Wiese     | 20.50    | 1:58:03  | 5:45         | 1       | -       | 2       | 3:04    | 94.50  | 8:16:45 | 5:15 | 1       | -       | 61      |         |
| Ziel            | 6.50     | 28:17    | 4:21         | 1       | -       | 1       | -       | 101.00 | 8:45:02 | 5:11 | 1       | -       | 2       | 20:00   |