



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Lichtenstein, Jörg

□□: AS Neukirchen-Vluyn

□□: 309

□□: 67.00 km

67 km Lauf

□□□□:

Senioren M45

□□□: 8:58:03

□□: 7.47 km/h

□□□□: 8:02 min/km

□□□□□/□□□: 69 (of 80)

□□□□□/□: 53 (of 60)

□□□□□□: 4:42:05

□□□□□: 13(of 14)

□□□□□□□: 4:57:18

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	1:41:24	5:12	5	15:49	18	18:36	19.50	1:41:24	5:12	13	15:49	24	
Kühude	20.50	3:26:48	10:05	14	1:59:34	59	2:00:43	40.00	5:08:12	7:42	13	2:13:55	24	30:04
Nasse Wiese	20.50	1:39:10	4:50	2	2:26	6	12:12	60.50	6:47:22	6:44	13	2:16:21	23	
Ziel	6.50	2:10:41	20:06	14	1:44:24	57	1:46:28	67.00	8:58:03	8:01	13	4:00:45	53	4:15:58