



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Dettbarn, Reiner

□□: Solinger LC

□□: 155

Enduro U13

□□□□:

Senioren M50

□□□: 10:47:37

□□: - km/h

□□□□: 6:25 min/km

□□□□□/□□□: 15 (of 98)

□□□□□/□: 12 (of 84)

□□□□□□: 8:25:02

□□□□□: 3(of 22)

□□□□□□□: 9:37:03

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□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese     | 19.50    | 1:58:57  | 6:06         | 3       | 9:41    | 16      | 29:32   | 19.50 | 1:58:57   | 6:06      | 21            |         |         | 53      |         |
| Kühude          | 20.50    | 2:01:27  | 5:55         | 3       | 8:24    | 11      | 25:48   | 40.00 | 4:00:24   | 6:00      | 21            |         |         | 53      |         |
| Rhein-Weser-Tur | 17.00    | 1:46:24  | 6:15         | 4       | 12:52   | 11      | 33:39   | 57.00 | 5:46:48   | 6:05      | 21            |         |         | 53      |         |
| Kühude          | 17.00    | 1:53:49  | 6:41         | 3       | 15:22   | 12      | 26:38   | 74.00 | 7:40:37   | 6:13      | 21            |         |         | 53      |         |
| Nasse Wiese     | 20.50    | 2:28:55  | 7:15         | 3       | 20:39   | 12      | 33:56   | 94.50 | 10:09:32  | 6:27      | 21            |         |         | 51      |         |
| Ziel            | 6.50     | 38:05    | 5:51         | 4       | 3:36    | 16      | 9:48    | -     | 10:47:37  | -         | 3             | 1:10:34 | 12      | 2:22:35 |         |