



7. Langenberg-Marathon  
 Wiemeringhausen / 05.10.2008

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Sowa, Gerd

□□□: 4:04:40

□□: Focus Team 2Rad-Meyer

□□: 18.88 km/h

□□: 233

□□: 77.00 km

□□□□□/□□□: 43 (of 164)

Mitteldistanz

□□□□□/□: 43 (of 151)

□□□□□□: 3:02:04

□□□□:

□□□□□: 19(of 64)

Senioren I

□□□□□□□: 3:02:04

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| □□□             | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-----------|-----------|-------------|---------|---------|---------|---------|
| Rundenkontrolle | 44.00    | 2:10:17  | 20.26      | 21      | 29:01   | 43      | 29:01   | 44.00     | 2:10:17   | 20.26       | 52      |         | 46      | 21:43   |
| □□              | 33.00    | 1:54:23  | 17.31      | 22      | 33:35   | 43      | 33:35   | 77.00     | 4:04:40   | 18.88       | 19      | 1:02:36 | 43      | 1:02:36 |