



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

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□□□□□: 19(of 64)

Senioren I

□□□□□□□: 3:02:04

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
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