



Langenberg-Marathon
Bruchhausen / 04.10.2009

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Spieker, Norbert

□□: Fitness-Center-Spieker

□□: 350

□□: 45.00 km

Kurzstrecke

□□□□:

Senioren II

□□□: 2:15:20

□□: 19.95 km/h

□□□□□/□□□: 79 (of 452)

□□□□□/□: 79 (of 415)

□□□□□□: 1:47:17

□□□□□: 15(of 175)

□□□□□□□: 1:53:05