



Langenberg-Marathon
Bruchhausen / 04.10.2009

□□□□

Arens, Frank

□□: TV Attendorf/Clemens bike shop
□□: 500

□□: 80.00 km
Mitteldistanz

□□□□:
Senioren I

□□□: 4:09:50

□□: 19.21 km/h

□□□□□/□□□: 41 (of 136)

□□□□□/□: 41 (of 125)

□□□□□□: 3:21:47

□□□□□: 16(of 47)

□□□□□□□: 3:22:37

□□□□

□□□□

□□□

| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|----------|-------|---------|-------|----|-------|----|-------|-------|---------|-------|----|-------|----|-------|
| | km | □□ | km/h | - | - | □ | □ | km | □□ | km/h | - | - | □ | □ |
| □□ 1 | 45.00 | 2:13:08 | 20.28 | 19 | 26:06 | 45 | 26:06 | 45.00 | 2:13:08 | 20.28 | 41 | | | 43 |
| □□□ Ziel | 35.00 | 1:56:42 | 17.99 | 15 | 21:29 | 37 | 24:38 | 80.00 | 4:09:50 | 19.21 | 16 | 47:13 | 41 | 48:03 |