



Langenberg-Marathon
Bruchhausen / 04.10.2009

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Lettow, Joachim

□□: RC Tornado Rees

□□: 552

□□: 80.00 km

Mitteldistanz

□□□□:

Senioren II

□□□: 4:26:14

□□: 18.03 km/h

□□□□□/□□□: 64 (of 136)

□□□□□/□: 63 (of 125)

□□□□□□: 3:21:47

□□□□□: 21(of 49)

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	km	□□	km/h	-	-	□	□	km	□□	km/h	-	-	□	□
□□ 1	45.00	2:20:54	19.16	24	31:11	68	33:52	45.00	2:20:54	19.16	45	-	65	0:18
□□□ Ziel	35.00	2:05:20	16.76	23	33:16	67	33:16	80.00	4:26:14	18.03	21	1:04:27	63	1:04:27