



Langenberg-Marathon  
Bruchhausen / 04.10.2009

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Arians, Arnim

□□: BSG Pohlschroder

□□: 823

□□: 80.00 km

Mitteldistanz

□□□□:

Senioren III

□□□: 4:36:23

□□: 17.37 km/h

□□□□□/□□□: 82 (of 136)

□□□□□/□: 81 (of 125)

□□□□□□: 3:21:47

□□□□□: 8(of 10)

□□□□□□□: 3:44:21

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	km	□□	km/h	-	-	□	□	km	□□	km/h	-	-	□	□
□□ 1	45.00	2:22:42	18.92	7	27:12	75	35:40	45.00	2:22:42	18.92	8	27:12	83	2:06
□□□ Ziel	35.00	2:13:41	15.71	9	24:50	88	41:37	80.00	4:36:23	17.37	8	52:02	81	1:14:36