



Langenberg-Marathon  
Bruchhausen / 04.10.2009

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Wietzorek, Sonja

□□: Excelsior Racng

□□: 677

□□: 80.00 km

Mitteldistanz

□□□□:

Seniorinnen II

□□□: 4:47:01

□□: 16.72 km/h

□□□□□/□□□: 92 (of 136)

□□□□□/□: 4 (of 11)

□□□□□□: 4:25:01

□□□□□: 1(of 3)

□□□□□□□: 4:47:01

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	km	□□	km/h	-	-	□	□	km	□□	km/h	-	-	□	□
□□ 1	45.00	2:32:38	17.69	1	-	5	9:14	45.00	2:32:38	17.69	1	-	4	9:14
□□□ Ziel	35.00	2:14:23	15.63	1	-	4	12:46	80.00	4:47:01	16.72	1	-	4	22:00