



9. Langenberg-Marathon
 Wiemeringhausen / 03.10.2010

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Amsink, Dennis

□□: HWV Hardenberg

□□: 721

□□: 84.00 km

Langdistanz

□□□□:

Herren

□□□: 4:59:33

□□: 16.83 km/h

□□□□□/□□□: 89 (of 161)

□□□□□/□: 87 (of 151)

□□□□□□: 3:40:45

□□□□□: 18(of 30)

□□□□□□□: 3:50:44

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Rundenkontrolle	44.00	2:16:48	19.30	14	23:09	62	27:09	44.00	2:16:48	19.30	9	4:48	88	
Ziel	40.00	2:42:45	14.75	25	59:45	105	1:57:50	84.00	4:59:33	16.83	23	3:16:33	98	3:16:33