



5. Lönskrug Warm-Up MTB-Marathon
 Hellental (Gemeinde Heinade) / 17.04.2011

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Sternberg, Jörg

□□□: 2:04:45

□□: Bike-Sport-Lippe e. V.

□□: 19.24 km/h

□□: 41

□□: 40.80 km

□□□□□/□□□: 73 (of 101)

Mitteldistanz Hobby

□□□□□/□: 73 (of 96)

□□□□□□: 1:27:59

□□□□:

□□□□□: 14(of 14)

Herren Hobby

□□□□□□□: 1:30:22

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	47:27	20.23	13	11:12	68	12:49	16.30	47:27	20.23	14	11:12	47	2:18
□□ 2	20.40	1:04:53	18.49	14	19:11	74	20:20	36.70	1:52:20	19.23	14	30:23	47	7:06
□□□ □□	4.10	12:25	19.33	14	4:00	78	4:00	40.80	2:04:45	19.24	14	34:23	73	1:26:09