



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

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Fritza, Helmut

□□□: 2:08:00

□□: RC Endspurt Herford

□□: 19.13 km/h

□□: 20

□□: 40.80 km

□□□□□/□□□: 76 (of 101)

Mitteldistanz Hobby

□□□□□/□: 76 (of 96)

□□□□□□: 1:27:59

□□□□:

□□□□□: 26(of 36)

Senioren I Hobby

□□□□□□□: 1:39:22

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	49:18	19.84	24	8:52	74	14:40	16.30	49:18	19.84	8	-	44	4:09
□□ 2	20.40	1:07:03	18.26	29	17:50	80	22:30	36.70	1:56:21	18.93	8	-	44	11:07
□□□ □□	4.10	11:39	21.12	19	2:20	64	3:14	40.80	2:08:00	19.13	26	28:38	77	1:29:24