5. Lönskrug Warm-Up MTB-Marathon

Hellental (Gemeinde Heinade) / 17.04.2011

□□□□

Brinkmann, Ralf

□□: Sarstedt
□□: 207

□□: 40.80 km
Mitteldistanz Hobby

□□□□:
Masters männlich Hobby

□□□: 2:08:31

□□: 18.67 km/h

□□□□□/□□□: 77 (of 101)
□□□□□/□: 77 (of 96)
□□□□□□: 1:27:59
□□□□□: 26(of 32)
□□□□□□□: 1:34:42

□□□□ □□□□ □□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	50:47	18.90	27	13:47	77	16:09	16.30	50:47	18.90	7	8:20	43	5:38
□□ 2	20.40	1:05:44	18.26	26	17:05	75	21:11	36.70	1:56:31	18.54	7	15:30	43	11:17
□□□ □□	4.10	12:00	20.00	26	3:11	73	3:35	40.80	2:08:31	18.67	27	1:29:55	79	1:29:55