



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

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Schäfer, Frank

□□□: 2:10:50

□□: Bike-Team Blöte

□□: 18.34 km/h

□□: 37

□□: 40.80 km

□□□□□/□□□: 79 (of 101)

Mitteldistanz Hobby

□□□□□/□: 79 (of 96)

□□□□□□: 1:27:59

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□□□□□: 28(of 36)

Senioren I Hobby

□□□□□□□: 1:39:22

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	51:28	18.65	28	11:02	80	16:50	16.30	51:28	18.65	1	-	41	6:19
□□ 2	20.40	1:07:01	17.91	28	17:48	79	22:28	36.70	1:58:29	18.23	1	-	41	13:15
□□□ □□	4.10	12:21	19.43	26	3:02	77	3:56	40.80	2:10:50	18.34	28	31:28	81	1:32:14