



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

□□□□

Westphal, Dieter

□□□: 2:12:15

□□: Wolfgangs Fahrradtreff Goslar

□□: 18.15 km/h

□□: 661

□□: 40.80 km

□□□□□/□□□: 82 (of 101)

Mitteldistanz Hobby

□□□□□/□: 82 (of 96)

□□□□□□: 1:27:59

□□□□:

□□□□□: 6(of 8)

Senioren II Hobby

□□□□□□□: 1:42:59

□□□□

□□□□

□□□

□□□	□□	□□	□□	□□	□□	□□	□□	□□□	□□□	□□□	□□	□□	□□	□□
	km	□□	km/h	-	-	□	□	km	□□	km/h	-	-	□	□
□□ 1	16.30	51:31	18.63	6	11:09	81	16:53	16.30	51:31	18.63	6	11:09	38	6:22
□□ 2	20.40	1:08:29	17.52	6	15:30	83	23:56	36.70	2:00:00	18.00	6	26:33	38	14:46
□□□ □□	4.10	12:15	19.59	6	2:43	76	3:50	40.80	2:12:15	18.15	7	29:16	84	1:33:39