



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

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Steinheider, Dirk

□□□: 2:13:08

□□: Deister-MTB-Team

□□: 18.03 km/h

□□: 646

□□: 40.80 km

□□□□□/□□□: 84 (of 101)

Mitteldistanz Hobby

□□□□□/□: 83 (of 96)

□□□□□□: 1:27:59

□□□□:

□□□□□: 30(of 36)

Senioren I Hobby

□□□□□□□: 1:39:22

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	km	□□	km/h	-	-	□	□	km	□□	km/h	-	-	□	□
□□ 1	16.30	52:50	18.17	33	12:24	88	18:12	16.30	52:50	18.17	12	1:22	25	7:41
□□ 2	20.40	1:06:53	17.94	27	17:40	78	22:20	36.70	1:59:43	18.04	12	1:14	25	14:29
□□□ □□	4.10	13:25	17.89	30	4:06	84	5:00	40.80	2:13:08	18.03	30	33:46	85	1:34:32