



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

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Markworth, Roland

□□□: 2:21:26

□□: Team-Velo-Sport-Göttingen

□□: 25.96 km/h

□□: 633

□□: 61.20 km

□□□□□/□□□: 2 (of 25)

Langdistanz Hobby

□□□□□/□: 2 (of 23)

□□□□□□: 2:13:01

□□□□:

□□□□□: 1(of 3)

Masters männlich Hobby

□□□□□□□: 2:21:26

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	36:13	27.00	1	-	2	0:58	16.30	36:13	27.00	1	-	23	
□□ 2	20.40	47:36	25.71	1	-	2	3:31	36.70	1:23:49	26.27	1	-	23	
□□ 3	20.40	48:05	25.46	1	-	2	3:26	57.10	2:11:54	25.97	1	-	22	
□□□ □□	4.10	9:32	25.80	1	-	2	0:30	61.20	2:21:26	25.96	1	-	2	8:25