



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

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Michaelis, Robert

□□□: 2:24:22

□□: Cannondale / RSV Springe

□□: 25.35 km/h

□□: 249

□□: 61.20 km

□□□□□/□□□: 4 (of 12)

Langdistanz Lizenz

□□□□□/□: 4 (of 12)

□□□□□□: 2:12:39

□□□□:

□□□□□: 1(of 3)

Herren Lizenz

□□□□□□□: 2:24:22

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	36:06	26.59	1	-	3	1:31	16.30	36:06	26.59	1	-	4	1:20
□□ 2	20.40	45:54	26.14	1	-	3	1:29	36.70	1:22:00	26.34	1	-	4	2:49
□□ 3	20.40	52:30	22.86	2	1:53	6	7:34	57.10	2:14:30	25.43	1	-	4	10:23
□□□ □□	4.10	9:52	24.32	1	-	5	1:20	61.20	2:24:22	25.35	1	-	4	11:43