



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

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KÖNIG, Carsten

□□□: 2:24:32

□□: RSV Gütersloh

□□: 25.41 km/h

□□: 223

□□: 61.20 km

□□□□□/□□□: 5 (of 12)

Langdistanz Lizenz

□□□□□/□: 5 (of 12)

□□□□□□: 2:12:39

□□□□:

□□□□□: 2(of 4)

Senioren I Lizenz

□□□□□□□: 2:24:12

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	36:43	26.64	1	-	5	2:08	16.30	36:43	26.64	2		5	1:57
□□ 2	20.40	48:24	25.29	2	0:21	5	3:59	36.70	1:25:07	25.87	2	0:04	5	5:56
□□ 3	20.40	49:42	24.63	2	0:13	4	4:46	57.10	2:14:49	25.41	2	0:17	5	10:42
□□□ □□	4.10	9:43	25.32	2	0:03	4	1:11	61.20	2:24:32	25.41	2	0:20	5	11:53