



5. Lönskrug Warm-Up MTB-Marathon

Hellental (Gemeinde Heinade) / 17.04.2011

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Vockenroth, Bernd

□□□: 2:25:00

□□: RC Endspurt Herford

□□: 25.32 km/h

□□: 614

□□: 61.20 km

□□□□□/□□□: 3 (of 25)

Langdistanz Hobby

□□□□□/□: 3 (of 23)

□□□□□□: 2:13:01

□□□□:

□□□□□: 2(of 14)

Senioren I Hobby

□□□□□□□: 2:13:01

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	36:57	26.47	2	1:42	3	1:42	16.30	36:57	26.47	2	1:42	22	
□□ 2	20.40	47:59	25.51	2	3:54	3	3:54	36.70	1:24:56	25.93	2	5:36	22	
□□ 3	20.40	50:05	24.44	2	5:26	3	5:26	57.10	2:15:01	25.37	2	11:02	21	
□□□ □□	4.10	9:59	24.64	2	0:57	3	0:57	61.20	2:25:00	25.32	2	11:59	3	11:59