# 5. Lönskrug Warm-Up MTB-Marathon

Hellental (Gemeinde Heinade) / 17.04.2011

## □□□□

## Huxhage, Frederik

□□: Bike-Sport-Lippe e. V., Conway-Racing-Team
□□: 642

□□: 61.20 km
Langdistanz Lizenz

□□□□:
Herren Lizenz

□□□: 2:26:45
□□: 25.02 km/h

□□□□□/□□□: 6 (of 12)
□□□□□/□: 6 (of 12)
□□□□□□: 2:12:39
□□□□□: 2(of 3)
□□□□□□□: 2:24:22

□□□□ □□□□ □□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ km/h | □□ - | □□ - | □□ □ | □□ □ |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| □□ 1 | 16.30 | 36:39 | 26.68 | 2 | 0:33 | 4 | 2:04 | 16.30 | 36:39 | 26.68 | 2 | 0:33 | 6 | 1:53 |
| □□ 2 | 20.40 | 49:18 | 24.83 | 2 | 3:24 | 6 | 4:53 | 36.70 | 1:25:57 | 25.62 | 2 | 3:57 | 6 | 6:46 |
| □□ 3 | 20.40 | 50:37 | 24.18 | 1 | - | 5 | 5:41 | 57.10 | 2:16:34 | 25.09 | 2 | 2:04 | 6 | 12:27 |
| □□□ □□ | 4.10 | 10:11 | 24.16 | 2 | 0:19 | 6 | 1:39 | 61.20 | 2:26:45 | 25.02 | 2 | 2:23 | 6 | 14:06 |