



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

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Fahr, Lutz

□□□: 2:28:44

□□: BikeKult Cannondale

□□: 24.69 km/h

□□: 229

□□: 61.20 km

□□□□□/□□□: 4 (of 25)

Langdistanz Hobby

□□□□□/□: 4 (of 23)

□□□□□□: 2:13:01

□□□□:

□□□□□: 3(of 14)

Senioren I Hobby

□□□□□□□: 2:13:01

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□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|------------|---------|---------|---------|---------|-----------|-----------|-------------|---------|---------|---------|---------|
| □□ 1   | 16.30    | 38:19    | 25.52      | 3       | 3:04    | 4       | 3:04    | 16.30     | 38:19     | 25.52       | 3       | 3:04    | 21      |         |
| □□ 2   | 20.40    | 49:32    | 24.71      | 3       | 5:27    | 4       | 5:27    | 36.70     | 1:27:51   | 25.07       | 3       | 8:31    | 21      |         |
| □□ 3   | 20.40    | 50:52    | 24.06      | 3       | 6:13    | 4       | 6:13    | 57.10     | 2:18:43   | 24.70       | 3       | 14:44   | 20      |         |
| □□□ □□ | 4.10     | 10:01    | 24.56      | 3       | 0:59    | 4       | 0:59    | 61.20     | 2:28:44   | 24.69       | 3       | 15:43   | 4       | 15:43   |