



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

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Mehlan, Volker

□□□: 2:31:03

□□: Bornekamp-Racingteam

□□: 24.23 km/h

□□: 609

□□: 61.20 km

□□□□□/□□□: 5 (of 25)

Langdistanz Hobby

□□□□□/□: 5 (of 23)

□□□□□□: 2:13:01

□□□□:

□□□□□: 4(of 14)

Senioren I Hobby

□□□□□□□: 2:13:01

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	38:40	24.83	4	3:25	5	3:25	16.30	38:40	24.83	4	3:25	20	
□□ 2	20.40	50:19	23.85	4	6:14	5	6:14	36.70	1:28:59	24.27	4	9:39	20	
□□ 3	20.40	51:52	23.14	4	7:13	5	7:13	57.10	2:20:51	24.28	4	16:52	19	
□□□ □□	4.10	10:12	23.53	4	1:10	6	1:10	61.20	2:31:03	24.23	4	18:02	5	18:02