



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

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Ilsemann, Marc

□□□: 2:33:17

□□: Focus Bad Salzdetfurth racing

□□: 23.88 km/h

□□: 636

□□: 61.20 km

□□□□□/□□□: 7 (of 12)

Langdistanz Lizenz

□□□□□/□: 7 (of 12)

□□□□□□: 2:12:39

□□□□:

□□□□□: 3(of 4)

Senioren I Lizenz

□□□□□□□: 2:24:12

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□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| □□ 1 | 16.30 | 36:50 | 26.06 | 2 | 0:07 | 6 | 2:15 | 16.30 | 36:50 | 26.06 | 3 | | 7 | 2:04 |
| □□ 2 | 20.40 | 50:20 | 23.84 | 3 | 2:17 | 7 | 5:55 | 36.70 | 1:27:10 | 24.78 | 3 | 2:07 | 7 | 7:59 |
| □□ 3 | 20.40 | 54:51 | 21.88 | 3 | 5:22 | 7 | 9:55 | 57.10 | 2:22:01 | 24.08 | 3 | 7:29 | 7 | 17:54 |
| □□□ □□ | 4.10 | 11:16 | 21.30 | 4 | 1:36 | 9 | 2:44 | 61.20 | 2:33:17 | 23.88 | 3 | 9:05 | 7 | 20:38 |