



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

0000

Herzog, Christopher

000: 2:36:44

00: RG Paderborn

00: 23.35 km/h

00: 226

00: 61.20 km

00000/000: 8 (of 12)

Langdistanz Lizenz

00000/0: 8 (of 12)

000000: 2:12:39

0000:

00000: 3(of 3)

Herren Lizenz

0000000: 2:24:22

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
00 1	16.30	36:58	25.97	3	0:52	7	2:23	16.30	36:58	25.97	3	0:52	8	2:12
00 2	20.40	52:09	23.01	3	6:15	8	7:44	36.70	1:29:07	24.24	3	7:07	8	9:56
00 3	20.40	56:31	21.23	3	5:54	9	11:35	57.10	2:25:38	23.48	3	11:08	8	21:31
000 00	4.10	11:06	21.62	3	1:14	8	2:34	61.20	2:36:44	23.35	3	12:22	8	24:05