



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

0000

Spieker, Norbert

000: 2:38:25

00: Fitness-Center-Spieker.de

00: 23.10 km/h

00: 625

00: 61.20 km

00000/000: 9 (of 25)

Langdistanz Hobby

00000/0: 9 (of 23)

000000: 2:13:01

0000:

00000: 1(of 3)

Senioren II Hobby

0000000: 2:38:25

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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	40:08	23.92	1	-	6	4:53	16.30	40:08	23.92	1	-	15	
00 2	20.40	52:04	23.05	1	-	7	7:59	36.70	1:32:12	23.43	1	-	15	
00 3	20.40	55:11	21.75	1	-	9	10:32	57.10	2:27:23	23.20	1	-	15	
000 00	4.10	11:02	21.75	1	-	11	2:00	61.20	2:38:25	23.10	1	-	10	25:24