



# 5. Lönskrug Warm-Up MTB-Marathon

Hellental (Gemeinde Heinade) / 17.04.2011

□□□□

Noethel, jens

□□□: 2:43:47

□□: MBC Hannover

□□: 22.35 km/h

□□: 608

□□: 61.20 km

□□□□□/□□□: 12 (of 25)

Langdistanz Hobby

□□□□□/□: 12 (of 23)

□□□□□□: 2:13:01

□□□□:

□□□□□: 7(of 14)

Senioren I Hobby

□□□□□□□: 2:13:01

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	42:31	22.58	8	7:16	13	7:16	16.30	42:31	22.58	8	7:16	12	1:02
□□ 2	20.40	54:17	22.11	8	10:12	12	10:12	36.70	1:36:48	22.31	8	17:28	12	0:34
□□ 3	20.40	55:57	21.45	7	11:18	11	11:18	57.10	2:32:45	22.39	7	28:46	1	-
□□□ □□	4.10	11:02	21.75	7	2:00	11	2:00	61.20	2:43:47	22.35	8	30:46	13	30:46