



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

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Elpel, Armin

□□□: 2:49:11

□□: ARC Hannover

□□: 21.63 km/h

□□: 238

□□: 61.20 km

□□□□□/□□□: 11 (of 12)

Langdistanz Lizenz

□□□□□/□: 11 (of 12)

□□□□□□: 2:12:39

□□□□:

□□□□□: 1(of 1)

Senioren II Lizenz

□□□□□□□: 2:49:11

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	km	□□	km/h	-	-	□	□	km	□□	km/h	-	-	□	□
□□ 1	16.30	41:46	22.98	1	-	10	7:11	16.30	41:46	22.98	1	-	11	7:00
□□ 2	20.40	56:33	21.22	1	-	11	12:08	36.70	1:38:19	21.97	1	-	11	19:08
□□ 3	20.40	59:29	20.17	1	-	10	14:33	57.10	2:37:48	21.67	1	-	11	33:41
□□□ □□	4.10	11:23	21.08	1	-	10	2:51	61.20	2:49:11	21.63	1	-	11	36:32