



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

□□□□

**Binnewies, Carsten**

□□□: 2:50:05

□□: MTB Team Wilderer Hardeggen

□□: 21.52 km/h

□□: 606

□□: 61.20 km

□□□□□/□□□: 15 (of 25)

Langdistanz Hobby

□□□□□/□: 14 (of 23)

□□□□□□: 2:13:01

□□□□:

□□□□□: 8(of 14)

Senioren I Hobby

□□□□□□□: 2:13:01

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	43:39	21.99	10	8:24	16	8:24	16.30	43:39	21.99	9	8:24	10	2:10
□□ 2	20.40	55:21	21.68	9	11:16	15	11:16	36.70	1:39:00	21.82	9	19:40	10	2:46
□□ 3	20.40	59:15	20.25	8	14:36	15	14:36	57.10	2:38:15	21.61	8	34:16	10	5:30
□□□ □□	4.10	11:50	20.28	10	2:48	15	2:48	61.20	2:50:05	21.52	9	37:04	15	37:04