



# 5. Lönskrug Warm-Up MTB-Marathon

Hellental (Gemeinde Heinade) / 17.04.2011

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Hecht, Lars Arne

□□□: 2:55:44

□□: Bielefeld

□□: 20.90 km/h

□□: 616

□□: 61.20 km

□□□□□/□□□: 16 (of 25)

Langdistanz Hobby

□□□□□/□: 15 (of 23)

□□□□□□: 2:13:01

□□□□:

□□□□□: 9(of 14)

Senioren I Hobby

□□□□□□□: 2:13:01

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	44:33	21.95	11	9:18	17	9:18	16.30	44:33	21.95	10	9:18	9	3:04
□□ 2	20.40	57:37	21.24	11	13:32	17	13:32	36.70	1:42:10	21.55	10	22:50	9	5:56
□□ 3	20.40	1:01:54	19.77	9	17:15	16	17:15	57.10	2:44:04	20.88	9	40:05	9	11:19
□□□ □□	4.10	11:40	21.09	8	2:38	13	2:38	61.20	2:55:44	20.90	10	42:43	16	42:43