



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

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Siepmann, Stefan

□□□: 2:59:00

□□: Bike-Sport-Lippe e. V.

□□: 20.45 km/h

□□: 632

□□: 61.20 km

□□□□□/□□□: 17 (of 25)

Langdistanz Hobby

□□□□□/□: 16 (of 23)

□□□□□□: 2:13:01

□□□□:

□□□□□: 3(of 3)

Masters männlich Hobby

□□□□□□□: 2:21:26

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	47:00	20.43	3	10:47	20	11:45	16.30	47:00	20.43	3	10:47	8	5:31
□□ 2	20.40	1:00:27	19.85	3	12:51	20	16:22	36.70	1:47:27	20.10	3	23:38	8	11:13
□□ 3	20.40	59:04	20.32	3	10:59	14	14:25	57.10	2:46:31	20.54	3	34:37	8	13:46
□□□ □□	4.10	12:29	19.23	3	2:57	19	3:27	61.20	2:59:00	20.45	3	37:34	17	45:59