



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

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Wind, Heiko

□□□: 3:01:55

□□: 20.19 km/h

□□: 225

□□: 61.20 km

Langdistanz Hobby

□□□□□/□□□: 19 (of 25)

□□□□□/□: 18 (of 23)

□□□□□□: 2:13:01

□□□□:

Senioren I Hobby

□□□□□: 10(of 14)

□□□□□□□: 2:13:01

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	47:35	20.55	12	12:20	21	12:20	16.30	47:35	20.55	11	12:20	6	6:06
□□ 2	20.40	1:00:20	20.29	12	16:15	19	16:15	36.70	1:47:55	20.40	11	28:35	6	11:41
□□ 3	20.40	1:02:20	19.64	10	17:41	17	17:41	57.10	2:50:15	20.12	10	46:16	6	17:30
□□□ □□	4.10	11:40	21.09	8	2:38	13	2:38	61.20	3:01:55	20.19	11	48:54	19	48:54