



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

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Depping, Andreas

□□□: 3:02:38

□□: Bike-Sport-Lippe e. V.

□□: 20.04 km/h

□□: 621

□□: 61.20 km

□□□□□/□□□: 20 (of 25)

Langdistanz Hobby

□□□□□/□: 19 (of 23)

□□□□□□: 2:13:01

□□□□:

□□□□□: 11(of 14)

Senioren I Hobby

□□□□□□□: 2:13:01

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	km	□□	km/h	-	-	□	□	km	□□	km/h	-	-	□	□
□□ 1	16.30	43:23	22.13	9	8:08	15	8:08	16.30	43:23	22.13	12	8:08	5	1:54
□□ 2	20.40	55:52	21.48	10	11:47	16	11:47	36.70	1:39:15	21.76	12	19:55	5	3:01
□□ 3	20.40	1:09:56	17.16	12	25:17	21	25:17	57.10	2:49:11	20.21	11	45:12	5	16:26
□□□ □□	4.10	13:27	17.84	11	4:25	20	4:25	61.20	3:02:38	20.04	12	49:37	20	49:37