



# 5. Lönskrug Warm-Up MTB-Marathon

Hellental (Gemeinde Heinade) / 17.04.2011

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Wollenteit, Dirk

□□□: 3:03:25

□□: Bad Pyrmont

□□: 19.95 km/h

□□: 208

□□: 61.20 km

□□□□□/□□□: 21 (of 25)

Langdistanz Hobby

□□□□□/□: 20 (of 23)

□□□□□□: 2:13:01

□□□□:

□□□□□: 3(of 3)

Senioren II Hobby

□□□□□□□: 2:38:25

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	46:48	20.51	3	6:40	19	11:33	16.30	46:48	20.51	3	6:40	4	5:19
□□ 2	20.40	1:01:43	19.44	3	9:39	21	17:38	36.70	1:48:31	19.90	3	16:19	4	12:17
□□ 3	20.40	1:03:02	19.04	3	7:51	19	18:23	57.10	2:51:33	19.94	3	24:10	4	18:48
□□□ □□	4.10	11:52	20.22	2	0:50	16	2:50	61.20	3:03:25	19.95	3	25:00	21	50:24