



# 5. Lönskrug Warm-Up MTB-Marathon

Hellental (Gemeinde Heinade) / 17.04.2011

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Hoffmann, Frank

□□□: 3:17:08

□□: Wennigsen

□□: 18.57 km/h

□□: 624

□□: 61.20 km

□□□□□/□□□: 22 (of 25)

Langdistanz Hobby

□□□□□/□: 21 (of 23)

□□□□□□: 2:13:01

□□□□:

□□□□□: 12(of 14)

Senioren I Hobby

□□□□□□□: 2:13:01

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	49:13	19.51	13	13:58	22	13:58	16.30	49:13	19.51	13	13:58	3	7:44
□□ 2	20.40	1:04:04	18.73	13	19:59	22	19:59	36.70	1:53:17	19.07	13	33:57	3	17:03
□□ 3	20.40	1:09:46	17.20	11	25:07	20	25:07	57.10	3:03:03	18.68	12	59:04	3	30:18
□□□ □□	4.10	14:05	17.04	12	5:03	21	5:03	61.20	3:17:08	18.57	13	1:04:07	22	1:04:07