



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

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Holz, Mirco

□□: R.C. Endspurt Herford

□□: 641

□□: 61.20 km

Langdistanz Lizenz

□□□□:

Masters männlich Lizenz

□□□□□/□□□□: DSQ (of 12)

□□□□□/□: DSQ (of 12)

□□□□□□: 2:12:39

□□□□□: DSQ(of 4)

□□□□□□□: 2:12:39

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	km	□□	km/h	-	-	□	□	km	□□	km/h	-	-	□	□
□□ 1	16.30	-	-	4		12		16.30	-	-	4		12	
□□ 2	20.40	-	-	4		12		36.70	-	-	4		12	
□□ 3	20.40	-	-	4		12		57.10	-	-	4		12	
□□□ □□	4.10	3:17:41	1.21	4	3:09:09	12	3:09:09	61.20	-	-	-	-	-	-