



# 5. Lönskrug Warm-Up MTB-Marathon

Hellental (Gemeinde Heinade) / 17.04.2011

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**Puls, Arndt**

□□□: 1:33:46

□□: Bike-Sport-Lippe e. V.

□□: 26.11 km/h

□□: 670

□□: 40.80 km

□□□□□/□□□: 3 (of 101)

Mitteldistanz Hobby

□□□□□/□: 3 (of 96)

□□□□□□: 1:27:59

□□□□:

□□□□□: 2(of 6)

Junioren U 19 Hobby

□□□□□□□: 1:27:59

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	km	□□	km/h	-	-	□	□	km	□□	km/h	-	-	□	□
□□ 1	16.30	36:54	26.50	2	2:16	3	2:16	16.30	36:54	26.50	2	2:16	70	
□□ 2	20.40	47:51	25.58	2	3:18	3	3:18	36.70	1:24:45	25.98	2	5:34	70	
□□□ □□	4.10	9:01	27.28	2	0:13	4	0:36	40.80	1:33:46	26.11	2	5:47	4	55:10