



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

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Koch, Dirk

□□□: 1:40:03

□□: Team-Weserbikeland.com

□□: 24.47 km/h

□□: 28

□□: 40.80 km

□□□□□/□□□: 12 (of 101)

Mitteldistanz Hobby

□□□□□/□: 12 (of 96)

□□□□□□: 1:27:59

□□□□:

□□□□□: 4(of 32)

Masters männlich Hobby

□□□□□□□: 1:34:42

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	38:28	25.42	4	1:28	8	3:50	16.30	38:28	25.42	29	-	61	-
□□ 2	20.40	51:44	23.66	5	3:05	16	7:11	36.70	1:30:12	24.41	29	-	61	-
□□□ □□	4.10	9:51	24.97	6	1:02	23	1:26	40.80	1:40:03	24.47	5	1:01:27	13	1:01:27