



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

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Buchholz, Volker

□□□: 1:42:59

□□: Lemgo

□□: 23.30 km/h

□□: 14

□□: 40.80 km

□□□□□/□□□: 18 (of 101)

Mitteldistanz Hobby

□□□□□/□: 18 (of 96)

□□□□□□: 1:27:59

□□□□:

□□□□□: 1(of 8)

Senioren II Hobby

□□□□□□□: 1:42:59

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	40:22	23.78	1	-	15	5:44	16.30	40:22	23.78	1	-	55	
□□ 2	20.40	53:05	22.61	2	0:06	21	8:32	36.70	1:33:27	23.11	1	-	55	
□□□ □□	4.10	9:32	25.17	1	-	15	1:07	40.80	1:42:59	23.30	1	-	19	1:04:23