



5. Lönskrug Warm-Up MTB-Marathon

Hellental (Gemeinde Heinade) / 17.04.2011

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Fanslau, Tobias

□□□: 1:46:39

□□: Spartakus Holtensen

□□: 22.95 km/h

□□: 68

□□: 40.80 km

□□□□□/□□□: 33 (of 101)

Mitteldistanz Hobby

□□□□□/□: 33 (of 96)

□□□□□□: 1:27:59

□□□□:

□□□□□: 7(of 36)

Senioren I Hobby

□□□□□□□: 1:39:22

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	41:48	23.40	5	1:22	31	7:10	16.30	41:48	23.40	25	-	87	
□□ 2	20.40	54:29	22.47	5	5:16	28	9:56	36.70	1:36:17	22.87	25	-	87	
□□□ □□	4.10	10:22	23.73	11	1:03	43	1:57	40.80	1:46:39	22.95	7	7:17	34	1:08:03