



5. Lönskrug Warm-Up MTB-Marathon

Hellental (Gemeinde Heinade) / 17.04.2011

0000

Adam, Siegfried

000: 1:48:38

00: Horn Bad Meinberg

00: 22.09 km/h

00: 10

00: 40.80 km

00000/000: 36 (of 101)

Mitteldistanz Hobby

00000/0: 36 (of 96)

000000: 1:27:59

0000:

00000: 8(of 36)

Senioren I Hobby

0000000: 1:39:22

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0000

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| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 | |
|--------|-------|-------|-------|----|------|----|-------|-------|---------|-------|----|------|----|---------|--|
| | km | 00 | km/h | - | - | 0 | 0 | km | 00 | km/h | - | - | 0 | 0 | |
| 00 1 | 16.30 | 42:34 | 22.55 | 9 | 2:08 | 42 | 7:56 | 16.30 | 42:34 | 22.55 | 26 | - | - | 72 | |
| 00 2 | 20.40 | 55:33 | 21.60 | 9 | 6:20 | 36 | 11:00 | 36.70 | 1:38:07 | 22.01 | 26 | - | - | 72 | |
| 000 00 | 4.10 | 10:31 | 22.82 | 13 | 1:12 | 46 | 2:06 | 40.80 | 1:48:38 | 22.09 | 8 | 9:16 | 37 | 1:10:02 | |