



5. Lönskrug Warm-Up MTB-Marathon

Hellental (Gemeinde Heinade) / 17.04.2011

0000

Paland, Udo

000: 1:48:40

00: Alfeld

00: 22.09 km/h

00: 58

00: 40.80 km

00000/000: 37 (of 101)

Mitteldistanz Hobby

00000/0: 37 (of 96)

000000: 1:27:59

0000:

00000: 3(of 8)

Senioren II Hobby

0000000: 1:42:59

0000

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	43:30	22.07	3	3:08	46	8:52	16.30	43:30	22.07	3	3:08	83	
00 2	20.40	54:55	21.85	3	1:56	34	10:22	36.70	1:38:25	21.95	3	4:58	83	
000 00	4.10	10:15	23.41	3	0:43	36	1:50	40.80	1:48:40	22.09	3	5:41	38	1:10:04