



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

0000

Köhler, Roland

000: 1:54:01

00: RC Endspurt Herford

00: 21.47 km/h

00: 54

00: 40.80 km

00000/000: 50 (of 101)

Mitteldistanz Hobby

00000/0: 50 (of 96)

000000: 1:27:59

0000:

00000: 14(of 36)

Senioren I Hobby

0000000: 1:39:22

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	45:09	21.66	16	4:43	56	10:31	16.30	45:09	21.66	32		1	-
00 2	20.40	58:33	20.91	13	9:20	49	14:00	36.70	1:43:42	21.23	31		23	
000 00	4.10	10:19	23.84	9	1:00	40	1:54	40.80	1:54:01	21.47	14	14:39	51	1:15:25