



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

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Wiethaupt, Detlef

□□□: 2:04:10

□□: wienenbiker.com

□□: 19.33 km/h

□□: 44

□□: 40.80 km

□□□□□/□□□: 70 (of 101)

Mitteldistanz Hobby

□□□□□/□: 70 (of 96)

□□□□□□: 1:27:59

□□□□:

□□□□□: 5(of 8)

Senioren II Hobby

□□□□□□□: 1:42:59

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	49:24	19.43	5	9:02	75	14:46	16.30	49:24	19.43	5	9:02	3	4:15
□□ 2	20.40	1:03:47	18.81	5	10:48	72	19:14	36.70	1:53:11	19.08	5	19:44	3	7:57
□□□ □□	4.10	10:59	21.85	5	1:27	53	2:34	40.80	2:04:10	19.33	5	21:11	71	1:25:34