



6. Lönskrug \"Warm-up-Marathon\" für Moutainbiker
 Hellental (Gemeinde Heinade) / 14.04.2013

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Binnewies, Carsten

□□□: 2:59:41

□□: MTB Team Wilderer Hardeggen

□□: 20.37 km/h

□□: 328

□□: 61.20 km

□□□□□/□□□: 17 (of 33)

Langdistanz

□□□□□/□: 17 (of 31)

□□□□□□: 2:23:06

□□□□:

□□□□□: 5(of 11)

Senioren I

□□□□□□□: 2:29:54

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	44:32	21.56	6	7:42	20	8:07	16.30	44:32	21.56	5	7:42	15	0:32
□□ 2	20.40	1:00:08	19.96	6	9:49	19	11:44	36.70	1:44:40	20.64	5	17:31	15	3:30
□□ 3	20.40	1:04:00	18.75	5	11:46	20	1:03:54	57.10	2:48:40	20.28	5	29:17	15	5:16
□□□ □□	4.10	11:01	21.79	4	0:38	11	2:11	61.20	2:59:41	20.37	5	29:47	17	36:35