



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

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Schmitz, Dirk

□□□: 3:04:01

□□: Radz Fatz e.V

□□: 19.89 km/h

□□: 334

□□: 61.20 km

□□□□□/□□□: 22 (of 33)

Langdistanz

□□□□□/□: 22 (of 31)

□□□□□□: 2:23:06

□□□□:

□□□□□: 4(of 6)

Senioren II

□□□□□□□: 2:39:58

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	47:09	20.36	5	7:02	28	10:44	16.30	47:09	20.36	4	7:02	10	3:09
□□ 2	20.40	1:01:10	19.62	5	7:48	24	12:46	36.70	1:48:19	19.94	4	14:50	10	7:09
□□ 3	20.40	1:03:26	18.92	4	7:35	19	1:03:20	57.10	2:51:45	19.91	4	22:25	10	8:21
□□□ □□	4.10	12:16	19.57	4	1:38	18	3:26	61.20	3:04:01	19.89	4	24:03	22	40:55