



Langenberg-Marathon
Bruchhausen / 05.10.2013

0000

Trommer, Lion

000: 3:26:36

00: R.C. Sturmvogel Mülheim a.d. Ruhr 1898 e.V.
00: 2210

00: 20.33 km/h
0000: 2:57 min/km

00: 70.00 km
Mitteldistanz

00000/000: 8 (of 144)
00000/0: 8 (of 135)
000000: 3:05:22

0000:
Herren

00000: 3(of 13)
0000000: 3:06:54

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Rundenkontrolle	35.00	1:37:51	2:47	2	4:02	4	6:50	35.00	1:37:51	2:47	3	4:02	9	
00	-	1:48:45	-	3	15:40	17	15:40	70.00	3:26:36	-	3	19:42	38	1:47:35