



Langenberg-Marathon
Bruchhausen / 05.10.2013

0000

Natel, Arndt

00: Menden

00: 2264

00: 70.00 km

Mitteldistanz

0000:

Senioren II

000: 4:48:47

00: 14.54 km/h

0000: 4:08 min/km

00000/000: 86 (of 144)

00000/0: 83 (of 135)

000000: 3:05:22

00000: 43(of 66)

0000000: 3:05:22

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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	2:23:13	4:05	43	52:12	85	52:12	35.00	2:23:13	4:05	18	5:37	84	23:45
00	-	2:25:34	-	47	51:13	93	52:29	70.00	4:48:47	-	56	2:31:22	113	3:09:46