



Langenberg-Marathon
Bruchhausen / 05.10.2013

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Brambring, Dirk

00: liquid life Heroes

00: 3022

00: 105.00 km

Langdistanz

0000:

Herren

000: 5:30:00

00: 19.09 km/h

0000: 3:08 min/km

00000/000: 8 (of 41)

00000/0: 8 (of 39)

000000: 5:03:57

00000: 3(of 8)

0000000: 5:17:43

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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	1:43:08	2:56	2	6:47	5	6:47	35.00	1:43:08	2:56	4			12
Rundenkontrolle	35.00	1:50:59	3:10	4	1:45:07	12	1:49:36	70.00	3:34:07	3:03	4	7:38		15
00	35.00	1:55:53	3:18	1	-	3	9:36	105.00	5:30:00	3:08	3	12:17	19	3:11:20