



Langenberg-Marathon
Bruchhausen / 05.10.2013

0000

Nehling, Björn

00: Bocholt

00: 2152

00: 70.00 km

Mitteldistanz

0000:

Senioren I

000: 4:51:41

00: 14.40 km/h

0000: 4:10 min/km

00000/000: 91 (of 144)

00000/0: 86 (of 135)

000000: 3:05:22

00000: 20(of 37)

0000000: 3:26:27

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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	2:23:20	4:05	21	44:00	87	52:19	35.00	2:23:20	4:05	4	18:38	87	23:52
00	-	2:28:21	-	26	49:20	98	55:16	70.00	4:51:41	-	33	3:12:40	116	3:12:40