



Langenberg-Marathon
Bruchhausen / 05.10.2013

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Wittchen, Volkhard

□□: Marathon Steinfurt
□□: 3072

□□: 105.00 km
Langdistanz

□□□□:
Senioren II

□□□: 6:29:14

□□: 16.19 km/h
□□□□: 3:43 min/km

□□□□□/□□□: 19 (of 41)

□□□□□/□: 19 (of 39)

□□□□□□: 5:03:57

□□□□□: 9(of 17)

□□□□□□□: 5:03:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Rundenkontrolle	35.00	2:00:43	3:26	8	23:38	18	24:22	35.00	2:00:43	3:26	2		3	
Rundenkontrolle	35.00	2:08:24	3:40	10	2:07:01	21	2:07:01	70.00	4:09:07	3:33	11	1:33:13	24	31:04
□□	35.00	2:20:07	4:00	9	33:50	21	33:50	105.00	6:29:14	3:42	14	2:04:19	30	4:10:34