7. Lönskrug \"Warm-up-Marathon\"

Hellental (Gemeinde Heinade) / 06.04.2014

□□□□

Wall, Manja

□□: RSV Bruchhausen-Vilsen
□□: 396

□□: 40.80 km
Mitteldistanz Lizenz

□□□□:
Seniorinnen I

□□□: 1:46:33
□□: 22.98 km/h

□□□□□/□□□: 14 (of 17)
□□□□□/□: 2 (of 3)
□□□□□□: 1:39:48
□□□□□: 1(of 1)
□□□□□□□: 1:46:33

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	42:20	23.10	1	-	2	3:05	16.30	42:20	23.10	1	-	2	3:05
□□ 2	20.40	54:14	22.57	1	-	2	3:32	36.70	1:36:34	22.80	1	-	2	6:37
□□□ □□	4.10	9:59	24.64	1	-	2	0:08	40.80	1:46:33	22.98	1	-	2	6:45