



7. Lönskrug \"Warm-up-Marathon\"  
Hellental (Gemeinde Heinade) / 06.04.2014

0000

Benke, Ralf

000: 1:50:13

00: BSG BVI

00: 21.78 km/h

00: 333

00: 40.80 km

00000/000: 65 (of 109)

Mitteldistanz

00000/0: 64 (of 100)

000000: 1:24:36

0000:

00000: 23(of 36)

Senioren I

0000000: 1:30:20

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
00 1	16.30	42:36	22.54	25	7:09	65	9:03	16.30	42:36	22.54	5	-	12	
00 2	20.40	56:39	21.18	24	10:44	64	13:48	36.70	1:39:15	21.76	5	-	10	1:51
000 00	4.10	10:58	21.88	25	2:22	70	2:46	40.80	1:50:13	21.78	23	19:53	64	25:37