



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

□□□□

Menke, Gabi

□□□: 2:08:25

□□: MTB RACE TEAM HÖXTER

□□: 19.06 km/h

□□: 44

□□: 40.80 km

□□□□□/□□□: 100 (of 109)

Mitteldistanz

□□□□□/□: 4 (of 9)

□□□□□□: 1:47:20

□□□□:

□□□□□: 1(of 3)

Seniorinnen I

□□□□□□□: 2:08:25

□□□□

□□□□

□□□

□□□	□□	□□	□□	□□	□□	□□	□□	□□□	□□□	□□□	□□	□□	□□	□□
	km	□□	km/h	-	-	□	□	km	□□	km/h	-	-	□	□
□□ 1	16.30	50:35	19.33	1	-	5	8:44	16.30	50:35	19.33	1	-	4	8:44
□□ 2	20.40	1:05:19	18.74	1	-	5	10:29	36.70	1:55:54	19.00	1	-	4	19:13
□□□ □□	4.10	12:31	19.65	1	-	5	2:00	40.80	2:08:25	19.06	1	-	4	21:05