



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

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Hörning, Lothar

□□□: 2:21:41

□□: Team Kyffhäuser

□□: 25.83 km/h

□□: 210

□□: 61.20 km

□□□□□/□□□: 6 (of 30)

Langdistanz

□□□□□/□: 6 (of 27)

□□□□□□: 2:09:18

□□□□:

□□□□□: 3(of 8)

Senioren I

□□□□□□□: 2:09:18

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	36:00	26.67	2	2:20	2	2:20	16.30	36:00	26.67	3	2:20	22	
□□ 2	20.40	46:14	25.96	3	3:14	7	46:10	36.70	1:22:14	26.27	3	5:34	22	
□□ 3	20.40	50:05	23.96	3	5:50	9	5:50	57.10	2:12:19	25.85	3	11:24	21	
□□□ □□	4.10	9:22	25.62	4	0:59	8	0:59	61.20	2:21:41	25.83	3	12:23	6	12:23