



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

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Vockenroth, Bernd

□□□: 2:23:26

□□: RC Endspurt Herford

□□: 25.52 km/h

□□: 212

□□: 61.20 km

□□□□□/□□□: 19 (of 28)

Langdistanz Lizenz

□□□□□/□: 19 (of 28)

□□□□□□: 2:02:10

□□□□:

□□□□□: 6(of 8)

Senioren I

□□□□□□□: 2:08:55

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	36:57	25.98	7	3:12	18	3:48	16.30	36:57	25.98	6	3:12	9	2:40
□□ 2	20.40	47:38	25.19	6	4:41	18	7:47	36.70	1:24:35	25.54	6	7:53	9	6:24
□□ 3	20.40	49:31	24.23	6	5:13	18	8:21	57.10	2:14:06	25.50	6	13:06	7	10:33
□□□ □□	4.10	9:20	25.71	5	2:16	20	2:16	61.20	2:23:26	25.52	6	14:31	19	21:16