



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

□□□□

Ochsen, Christian

□□□: 2:24:08

□□: GHOST Racing Team / MTV Bad Bevensen

□□: 25.39 km/h

□□: 234

□□: 61.20 km

□□□□□/□□□: 21 (of 28)

Langdistanz Lizenz

□□□□□/□: 21 (of 28)

□□□□□□: 2:02:10

□□□□:

□□□□□: 8(of 11)

Herren

□□□□□□□: 2:04:20

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	37:14	25.78	7	4:02	19	4:05	16.30	37:14	25.78	8		7	2:57
□□ 2	20.40	48:16	24.86	7	7:22	20	8:25	36.70	1:25:30	25.26	8	11:25	7	7:19
□□ 3	20.40	49:35	24.20	8	7:26	19	8:25	57.10	2:15:05	25.32	8	18:51	6	11:32
□□□ □□	4.10	9:03	26.52	8	1:01	17	1:59	61.20	2:24:08	25.39	8	19:48	21	21:58