



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

□□□□

□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| □□ 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   |