



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

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holz, mirco

□□□: 2:28:11

□□: R.C. ENDSPURT HERFORD/ Team Powerslide Minger 24.70 km/h

□□: 214

□□: 61.20 km

□□□□□/□□□: 23 (of 28)

Langdistanz Lizenz

□□□□□/□: 23 (of 28)

□□□□□□: 2:02:10

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□□□□□: 8(of 8)

Senioren I

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	km	□□	km/h	-	-	□	□	km	□□	km/h	-	-	□	□
□□ 1	16.30	37:40	25.49	8	3:55	20	4:31	16.30	37:40	25.49	8	3:55	5	3:23
□□ 2	20.40	48:50	24.57	8	5:53	21	8:59	36.70	1:26:30	24.97	8	9:48	5	8:19
□□ 3	20.40	52:13	22.98	8	7:55	22	11:03	57.10	2:18:43	24.65	8	17:43	4	15:10
□□□ □□	4.10	9:28	25.35	7	2:24	22	2:24	61.20	2:28:11	24.70	8	19:16	23	26:01