



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

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Behrens, Thomas

□□□: 2:29:04

□□: SG Athletico Büdelsdorf

□□: 24.63 km/h

□□: 206

□□: 61.20 km

□□□□□/□□□: 12 (of 30)

Langdistanz

□□□□□/□: 12 (of 27)

□□□□□□: 2:09:18

□□□□:

□□□□□: 4(of 8)

Senioren I

□□□□□□□: 2:09:18

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	38:29	25.41	4	4:49	12	4:49	16.30	38:29	25.41	4	4:49	16	
□□ 2	20.40	49:51	24.55	4	6:51	13	49:47	36.70	1:28:20	24.93	4	11:40	16	
□□ 3	20.40	51:34	23.74	4	7:19	12	7:19	57.10	2:19:54	24.49	4	18:59	15	
□□□ □□	4.10	9:10	26.84	3	0:47	7	0:47	61.20	2:29:04	24.63	4	19:46	12	19:46