



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

□□□□

Behrens, Thomas

□□□: 2:29:04

□□: SG Athletico Büdelsdorf

□□: 24.55 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 | 24.95 | 4 | 4:49 | 12 | 4:49 | 16.30 | 38:29 | 24.95 | 4 | 4:49 | 16 | |
| □□ 2 | 20.40 | 49:51 | 24.07 | 4 | 6:51 | 13 | 49:47 | 36.70 | 1:28:20 | 24.45 | 4 | 11:40 | 16 | |
| □□ 3 | 20.40 | 51:34 | 23.27 | 4 | 7:19 | 12 | 7:19 | 57.10 | 2:19:54 | 24.45 | 4 | 18:59 | 15 | |
| □□□ □□ | 4.10 | 9:10 | 26.18 | 3 | 0:47 | 7 | 0:47 | 61.20 | 2:29:04 | 24.55 | 4 | 19:46 | 12 | 19:46 |