



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

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Helmker, Frank

□□□: 2:32:57

□□: Focus RAPIRO racing

□□: 23.93 km/h

□□: 439

□□: 61.20 km

□□□□□/□□□: 15 (of 30)

Langdistanz

□□□□□/□: 15 (of 27)

□□□□□□: 2:09:18

□□□□:

□□□□□: 2(of 8)

Senioren II

□□□□□□□: 2:28:04

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	km	□□	km/h	-	-	□	□	km	□□	km/h	-	-	□	□
□□ 1	16.30	40:26	23.74	4	2:45	17	6:46	16.30	40:26	23.74	2	2:45	13	1:41
□□ 2	20.40	0:04	18,000.00	1	-	1	-	36.70	40:30	53.33	2	-	13	-
□□ 3	20.40	50:19	23.85	1	-	11	6:04	57.10	1:30:49	37.66	2	-	12	-
□□□ □□	4.10	1:02:08	3.86	7	52:37	25	53:45	61.20	2:32:57	23.93	2	4:53	15	23:39