



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

□□□□

Schulz, Peter

□□□: 2:37:55

□□: RSG Hannover

□□: 23.18 km/h

□□: 302

□□: 61.20 km

□□□□□/□□□: 17 (of 30)

Langdistanz

□□□□□/□: 17 (of 27)

□□□□□□: 2:09:18

□□□□:

□□□□□: 4(of 8)

Senioren II

□□□□□□□: 2:28:04

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	40:48	23.53	5	3:07	18	7:08	16.30	40:48	23.53	4	3:07	10	2:03
□□ 2	20.40	51:55	23.11	4	51:51	18	51:51	36.70	1:32:43	23.30	4	6:07	10	2:47
□□ 3	20.40	54:59	21.82	5	4:40	18	10:44	57.10	2:27:42	23.16	4	9:09	10	5:30
□□□ □□	4.10	10:13	23.49	2	0:42	17	1:50	61.20	2:37:55	23.18	4	9:51	17	28:37