



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

0000

Ricardo, Martinus

000: 2:38:31

00: 23.09 km/h

00: 438

00: 61.20 km

Langdistanz

00000/000: 18 (of 30)

00000/0: 18 (of 27)

000000: 2:09:18

0000:

Masters männlich

00000: 6(of 8)

0000000: 2:17:29

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
00 1	16.30	41:27	23.16	7	5:21	20	7:47	16.30	41:27	23.16	6	5:21	9	2:42
00 2	20.40	51:12	23.44	6	5:41	16	51:08	36.70	1:32:39	23.31	6	11:01	9	2:43
00 3	20.40	55:44	21.53	6	8:50	19	11:29	57.10	2:28:23	23.05	6	19:51	9	6:11
000 00	4.10	10:08	23.68	7	1:26	16	1:45	61.20	2:38:31	23.09	6	21:02	18	29:13