



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

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Marquardt, Ralph

□□□: 2:40:54

□□: SG Athletico Büdelsdorf

□□: 22.75 km/h

□□: 223

□□: 61.20 km

□□□□□/□□□: 21 (of 30)

Langdistanz

□□□□□/□: 21 (of 27)

□□□□□□: 2:09:18

□□□□:

□□□□□: 6(of 8)

Senioren II

□□□□□□□: 2:28:04

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	40:01	23.99	3	2:20	16	6:21	16.30	40:01	23.99	6	2:20	6	1:16
□□ 2	20.40	52:46	22.74	5	52:42	20	52:42	36.70	1:32:47	23.28	6	6:11	6	2:51
□□ 3	20.40	56:31	21.23	6	6:12	21	12:16	57.10	2:29:18	22.91	6	10:45	6	7:06
□□□ □□	4.10	11:36	20.69	6	2:05	23	3:13	61.20	2:40:54	22.75	6	12:50	21	31:36