



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

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Schmidt, David

□□□: 2:44:49

□□: Wedel

□□: 22.21 km/h

□□: 208

□□: 61.20 km

□□□□□/□□□: 22 (of 30)

Langdistanz

□□□□□/□: 22 (of 27)

□□□□□□: 2:09:18

□□□□:

□□□□□: 6(of 8)

Senioren I

□□□□□□□: 2:09:18

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	42:18	22.70	7	8:38	23	8:38	16.30	42:18	22.70	7	8:38	5	3:33
□□ 2	20.40	54:36	21.98	7	11:36	23	54:32	36.70	1:36:54	22.29	7	20:14	5	6:58
□□ 3	20.40	57:22	20.92	7	13:07	23	13:07	57.10	2:34:16	22.17	6	33:21	5	12:04
□□□ □□	4.10	10:33	22.75	6	2:10	20	2:10	61.20	2:44:49	22.21	6	35:31	22	35:31