



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

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Diesner, Naima Madlen

□□□: 2:49:07

□□: citec-roeltgen-team.de

□□: 21.64 km/h

□□: 265

□□: 61.20 km

□□□□□/□□□: 25 (of 30)

Langdistanz

□□□□□/□: 1 (of 3)

□□□□□□: 2:49:07

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□□□□□: 1(of 1)

Damen

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	km	□□	km/h	-	-	□	□	km	□□	km/h	-	-	□	□
□□ 1	16.30	43:18	22.17	1	-	1	-	16.30	43:18	22.17	1	-	1	-
□□ 2	20.40	57:01	21.05	1	-	1	-	36.70	1:40:19	21.53	1	-	1	-
□□ 3	20.40	57:50	20.75	1	-	1	-	57.10	2:38:09	21.63	1	-	1	-
□□□ □□	4.10	10:58	21.88	1	-	1	-	61.20	2:49:07	21.64	1	-	1	-