



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

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Wietzorek, Sonja

□□□: 3:05:04

□□: Prowell Germany

□□: 19.78 km/h

□□: 264

□□: 61.20 km

□□□□□/□□□: 27 (of 30)

Langdistanz

□□□□□/□: 2 (of 3)

□□□□□□: 2:49:07

□□□□:

□□□□□: 1(of 1)

Seniorinnen II

□□□□□□□: 3:05:04

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	km	□□	km/h	-	-	□	□	km	□□	km/h	-	-	□	□
□□ 1	16.30	46:05	20.83	1	-	2	2:47	16.30	46:05	20.83	1	-	2	2:47
□□ 2	20.40	1:01:57	19.37	1	-	2	4:56	36.70	1:48:02	19.99	1	-	2	7:43
□□ 3	20.40	1:04:09	18.71	1	-	2	6:19	57.10	2:52:11	19.86	1	-	2	14:02
□□□ □□	4.10	12:53	18.63	1	-	2	1:55	61.20	3:05:04	19.78	1	-	2	15:57