

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



Redeker, Jörg □□: 1:33:20 □: MSC Desemberg □□: 26.23 km/h

[]: 51

☐: 40.80 km ☐☐☐☐☐: 9 (of 109)
Mitteldistanz ☐☐☐☐☐: 9 (of 100)
☐☐☐: 1:24:36

 Senioren I
 000000: 4(of 36)

 1:30:20

km km/h km km/h

 $\Box\Box$ 1 37:05 26.37 1:38 26.37 22 16.30 3:32 16.30 37:05 67 6 13 20.40 47:24 25.82 1:29 4:33 36.70 1:24:29 26.06 22 65 10 4.10 8:51 27.80 0:15 0:39 40.80 1:33:20 26.23 9 8:44 3 3:00