



### 3. Lönskrug "Warm-up-Marathon" für Mountainbiker Hellental (Gemeinde Heinade) / 05.04.2009

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Preuß, Jan-Philipp

□□□: 2:00:14

□□: Wehrden

□□: 19.96 km/h

□□: 29

□□: 40.80 km

□□□□□/□□□: 77 (of 156)

Mitteldistanz Hobby

□□□□□/□: 77 (of 147)

□□□□□□: 1:34:38

□□□□:

□□□□□: 11(of 22)

Herren Hobby

□□□□□□□: 1:36:52

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	48:28	19.81	12	9:49	88	21:06	16.30	48:28	19.81	11	1:18	82	2:09
□□ 2	20.40	59:28	20.18	10	10:31	70	59:24	36.70	1:47:56	20.01	1	-	77	22:22
□□□ □□	4.10	12:18	19.51	13	3:02	95	3:24	40.80	2:00:14	19.96	13	1:00:10	82	1:03:02