



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

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**Briese, Detlev**

□□□: 2:00:15

□□: MTV Bad Pyrmont

□□: 19.96 km/h

□□: 94

□□: 40.80 km

□□□□□/□□□: 78 (of 156)

Mitteldistanz Hobby

□□□□□/□: 78 (of 147)

□□□□□□: 1:34:38

□□□□:

□□□□□: 4(of 7)

Senioren II Hobby

□□□□□□□: 1:42:31

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	54:31	17.61	6	14:12	132	27:09	16.30	54:31	17.61	4	14:12	83	8:12
□□ 2	20.40	54:56	21.84	3	2:37	35	54:52	36.70	1:49:27	19.74	4	16:37	78	23:53
□□□ □□	4.10	10:48	22.22	4	1:07	56	1:54	40.80	2:00:15	19.96	4	17:44	83	1:03:03