



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

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**Knoke, Thomas**

□□□: 2:02:19

□□: TSVE 1890 Bielefeld

□□: 19.62 km/h

□□: 426

□□: 40.80 km

□□□□□/□□□: 85 (of 156)

Mitteldistanz Hobby

□□□□□/□: 84 (of 147)

□□□□□□: 1:34:38

□□□□:

□□□□□: 26(of 47)

Senioren I Hobby

□□□□□□□: 1:36:38

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□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|------------|---------|---------|---------|---------|-----------|-----------|-------------|---------|---------|---------|---------|
| □□ 1   | 16.30    | 48:15    | 19.90      | 27      | 20:53   | 86      | 20:53   | 16.30     | 48:15     | 19.90       | 3       | 7:05    | 89      | 1:56    |
| □□ 2   | 20.40    | 1:02:04  | 19.33      | 27      | 13:23   | 86      | 1:02:00 | 36.70     | 1:50:19   | 19.58       | 3       |         | 84      | 24:45   |
| □□□ □□ | 4.10     | 12:00    | 20.00      | 30      | 2:30    | 88      | 3:06    | 40.80     | 2:02:19   | 19.62       | 26      | 25:41   | 89      | 1:05:07 |