



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

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Rohlfing, Jens

□□□: 2:03:59

□□: RSV Bruchhausen - Vilsen

□□: 19.36 km/h

□□: 380

□□: 40.80 km

□□□□□/□□□: 91 (of 156)

Mitteldistanz Hobby

□□□□□/□: 90 (of 147)

□□□□□□: 1:34:38

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□□□□□: 29(of 47)

Senioren I Hobby

□□□□□□□: 1:36:38

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	49:19	19.47	30	21:57	98	21:57	16.30	49:19	19.47	6	8:09	95	3:00
□□ 2	20.40	1:02:38	19.16	28	13:57	89	1:02:34	36.70	1:51:57	19.29	6	-	90	26:23
□□□ □□	4.10	12:02	19.94	31	2:32	90	3:08	40.80	2:03:59	19.36	29	27:21	95	1:06:47