



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

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Ruhl, Thomas

□□□: 2:06:43

□□: Hatten

□□: 18.94 km/h

□□: 372

□□: 40.80 km

□□□□□/□□□: 96 (of 156)

Mitteldistanz Hobby

□□□□□/□: 95 (of 147)

□□□□□□: 1:34:38

□□□□:

□□□□□: 31(of 47)

Senioren I Hobby

□□□□□□□: 1:36:38

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	49:11	19.52	29	21:49	95	21:49	16.30	49:11	19.52	8	8:01	100	2:52
□□ 2	20.40	1:04:49	18.51	31	16:08	99	1:04:45	36.70	1:54:00	18.95	8	-	95	28:26
□□□ □□	4.10	12:43	18.87	38	3:13	107	3:49	40.80	2:06:43	18.94	31	30:05	100	1:09:31