



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

□□□□

Stinn, Lars

□□□: 2:07:11

□□: Duisburg

□□: 18.87 km/h

□□: 202

□□: 40.80 km

□□□□□/□□□: 101 (of 156)

Mitteldistanz Hobby

□□□□□/□: 100 (of 147)

□□□□□□: 1:34:38

□□□□:

□□□□□: 45(of 63)

Masters männlich Hobby

□□□□□□□: 1:34:38

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	50:31	19.00	48	13:25	109	23:09	16.30	50:31	19.00	14	-	102	4:12
□□ 2	20.40	1:03:49	18.80	41	1:03:45	92	1:03:45	36.70	1:54:20	18.89	15	-	100	28:46
□□□ □□	4.10	12:51	18.68	46	3:53	109	3:57	40.80	2:07:11	18.87	47	1:09:59	105	1:09:59