



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

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Dohse, Mathias

□□□: 2:09:35

□□: Hamburg

□□: 18.52 km/h

□□: 398

□□: 40.80 km

□□□□□/□□□: 107 (of 156)

Mitteldistanz Hobby

□□□□□/□: 106 (of 147)

□□□□□□: 1:34:38

□□□□:

□□□□□: 13(of 22)

Herren Hobby

□□□□□□□: 1:36:52

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	50:14	19.11	15	11:35	106	22:52	16.30	50:14	19.11	9	3:04	111	3:55
□□ 2	20.40	1:06:56	17.93	12	17:59	103	1:06:52	36.70	1:57:10	18.44	9	9:14	106	31:36
□□□ □□	4.10	12:25	19.33	14	3:09	100	3:31	40.80	2:09:35	18.52	15	1:09:31	111	1:12:23