



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

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Ziemann, Sven

□□□: 2:10:34

□□: Möser

□□: 18.38 km/h

□□: 454

□□: 40.80 km

□□□□□/□□□: 109 (of 156)

Mitteldistanz Hobby

□□□□□/□: 108 (of 147)

□□□□□□: 1:34:38

□□□□:

□□□□□: 47(of 63)

Masters männlich Hobby

□□□□□□□: 1:34:38

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	57:30	16.70	61	20:24	138	30:08	16.30	57:30	16.70	18	6:28	113	11:11
□□ 2	20.40	1:02:15	19.28	38	1:02:11	87	1:02:11	36.70	1:59:45	18.04	17	1:09	108	34:11
□□□ □□	4.10	10:49	22.19	26	1:51	57	1:55	40.80	2:10:34	18.38	49	1:13:22	113	1:13:22