



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

□□□□

Sternberg, Jörg

□□□: 2:14:43

□□: Bike - Sport - Lippe eV

□□: 17.82 km/h

□□: 28

□□: 40.80 km

□□□□□/□□□: 118 (of 156)

Mitteldistanz Hobby

□□□□□/□: 116 (of 147)

□□□□□□: 1:34:38

□□□□:

□□□□□: 14(of 22)

Herren Hobby

□□□□□□□: 1:36:52

□□□□

□□□□

□□□

□□□	□□	□□	□□	□□	□□	□□	□□	□□□	□□□	□□□	□□	□□	□□	□□
	km	□□	km/h	-	-	□	□	km	□□	km/h	-	-	□	□
□□ 1	16.30	52:18	18.36	16	13:39	119	24:56	16.30	52:18	18.36	8	5:08	122	5:59
□□ 2	20.40	1:09:51	17.18	13	20:54	114	1:09:47	36.70	2:02:09	17.68	8	14:13	116	36:35
□□□ □□	4.10	12:34	19.10	15	3:18	103	3:40	40.80	2:14:43	17.82	16	1:14:39	122	1:17:31