



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

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**Sternberg, Jörg**

□□□: 2:14:43

□□: Bike - Sport - Lippe eV

□□: 18.17 km/h

□□: 28

□□: 40.80 km

□□□□□/□□□: 118 (of 156)

Mitteldistanz Hobby

□□□□□/□: 116 (of 147)

□□□□□□: 1:34:38

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□□□□□: 14(of 22)

Herren Hobby

□□□□□□□: 1:36:52

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	52:18	18.70	16	13:39	119	24:56	16.30	52:18	18.70	8	5:08	122	5:59
□□ 2	20.40	1:09:51	17.52	13	20:54	114	1:09:47	36.70	2:02:09	18.03	8	14:13	116	36:35
□□□ □□	4.10	12:34	19.58	15	3:18	103	3:40	40.80	2:14:43	18.17	16	1:14:39	122	1:17:31