



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

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**Twele, Ralph**

□□□: 2:16:02

□□: Dasseler SC Team NoBrake

□□: 18.00 km/h

□□: 2

□□: 40.80 km

□□□□□/□□□: 121 (of 156)

Mitteldistanz Hobby

□□□□□/□: 119 (of 147)

□□□□□□: 1:34:38

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□□□□□: 41(of 47)

Senioren I Hobby

□□□□□□□: 1:36:38

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	53:54	18.14	42	26:32	129	26:32	16.30	53:54	18.14	19	12:44	125	7:35
□□ 2	20.40	1:09:46	17.54	38	21:05	113	1:09:42	36.70	2:03:40	17.81	18	4:50	119	38:06
□□□ □□	4.10	12:22	19.89	36	2:52	99	3:28	40.80	2:16:02	18.00	42	39:24	125	1:18:50