



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

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Böckmann, Carsten

□□□: 2:19:41

□□: Deichrider

□□: 17.18 km/h

□□: 281

□□: 40.80 km

□□□□□/□□□: 11 (of 12)

Mitteldistanz Lizenz

□□□□□/□: 11 (of 12)

□□□□□□: 1:31:35

□□□□:

□□□□□: 3(of 4)

Senioren I Lizenz

□□□□□□□: 1:41:31

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	57:09	16.80	3	16:06	11	20:32	16.30	57:09	16.80	3	16:06	11	20:32
□□ 2	20.40	1:08:34	17.50	3	17:40	11	22:30	36.70	2:05:43	17.18	3	33:46	11	43:02
□□□ □□	4.10	13:58	17.18	3	4:24	11	5:20	40.80	2:19:41	17.18	3	38:10	11	48:06