



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

□□□□

**Bentmann, Arnd**

□□□: 2:22:20

□□: Team Schauinsland

□□: 16.86 km/h

□□: 101

□□: 40.80 km

□□□□□/□□□: 127 (of 156)

Mitteldistanz Hobby

□□□□□/□: 125 (of 147)

□□□□□□: 1:34:38

□□□□:

□□□□□: 54(of 63)

Masters männlich Hobby

□□□□□□□: 1:34:38

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	53:21	17.99	56	16:15	126	25:59	16.30	53:21	17.99	25	2:19	131	7:02
□□ 2	20.40	1:13:59	16.22	54	1:13:55	121	1:13:55	36.70	2:07:20	16.96	24	8:44	125	41:46
□□□ □□	4.10	15:00	16.00	58	6:02	133	6:06	40.80	2:22:20	16.86	56	1:25:08	131	1:25:08