



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

□□□□

Sommer, Marcus

□□□: 2:23:09

□□: RV Iduna Berlin/ Bike Planet NOX

□□: 25.57 km/h

□□: 366

□□: 61.20 km

□□□□□/□□□: 4 (of 17)

Langdistanz Lizenz

□□□□□/□: 4 (of 16)

□□□□□□: 2:16:20

□□□□:

□□□□□: 3(of 6)

Masters männlich Lizenz

□□□□□□□: 2:18:15

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	36:33	26.27	3	0:10	5	0:37	16.30	36:33	26.27	3	0:10	5	
□□ 2	20.40	48:31	24.73	3	2:33	6	48:28	36.70	1:25:04	25.39	3	2:32	5	
□□ 3	20.40	49:02	24.47	4	2:16	5	3:18	57.10	2:14:06	25.50	3	4:48	4	5:53
□□□ □□	4.10	9:03	26.52	3	0:06	4	0:56	61.20	2:23:09	25.57	3	4:54	5	22:35