



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

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**Köhler, Ira**

□□□: 2:25:46

□□: Emmerthal

□□: 16.46 km/h

□□: 53

□□: 40.80 km

□□□□□/□□□: 135 (of 156)

Mitteldistanz Hobby

□□□□□/□: 3 (of 9)

□□□□□□: 2:00:32

□□□□:

□□□□□: 1(of 3)

Seniorinnen I Hobby

□□□□□□□: 2:25:46

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	56:43	16.93	1	-	3	8:54	16.30	56:43	16.93	1	-	3	8:54
□□ 2	20.40	1:15:13	15.95	1	-	4	14:20	36.70	2:11:56	16.37	1	-	3	23:14
□□□ □□	4.10	13:50	17.35	1	-	3	2:00	40.80	2:25:46	16.46	1	-	3	25:14