



### 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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□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|------------|---------|---------|---------|---------|-----------|-----------|-------------|---------|---------|---------|---------|
| □□ 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   |