



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

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Binnewies, Carsten

□□□: 2:40:03

□□: MTB Team Wilderer Hardeggen

□□: 22.87 km/h

□□: 328

□□: 61.20 km

□□□□□/□□□: 11 (of 41)

Langdistanz Hobby

□□□□□/□: 11 (of 39)

□□□□□□: 2:18:08

□□□□:

□□□□□: 3(of 14)

Senioren I Hobby

□□□□□□□: 2:18:08

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	42:02	22.84	3	5:36	12	5:39	16.30	42:02	22.84	4			37
□□ 2	20.40	52:27	22.88	4	17:10	10	17:10	36.70	1:34:29	22.86	3	11:53		34
□□ 3	20.40	54:01	22.22	3	7:17	9	7:17	57.10	2:28:30	23.03	3	19:10		23
□□□ □□	4.10	11:33	20.78	9	2:45	22	9:47	61.20	2:40:03	22.87	4	41:32	17	1:28:54