



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

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Möhring, Dietmar

□□□: 2:42:49

□□: RSC - Einbeck 1965 e.V

□□: 22.55 km/h

□□: 359

□□: 61.20 km

□□□□□/□□□: 10 (of 17)

Langdistanz Lizenz

□□□□□/□: 9 (of 16)

□□□□□□: 2:16:20

□□□□:

□□□□□: 3(of 7)

Senioren I Lizenz

□□□□□□□: 2:24:43

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	42:58	22.76	3	6:27	11	7:02	16.30	42:58	22.76	5	-	11	-
□□ 2	20.40	54:15	22.56	4	54:12	10	54:12	36.70	1:37:13	22.65	5	-	11	-
□□ 3	20.40	54:56	22.28	2	3:21	8	9:12	57.10	2:32:09	22.52	3	17:33	9	23:56
□□□ □□	4.10	10:40	23.06	2	0:33	7	2:33	61.20	2:42:49	22.55	5	42:15	11	42:15