



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

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**Kuhmann, Dieter**

□□□: 2:46:19

□□: Rsf Greven

□□: 22.01 km/h

□□: 311

□□: 61.20 km

□□□□□/□□□: 15 (of 41)

Langdistanz Hobby

□□□□□/□: 15 (of 39)

□□□□□□: 2:18:08

□□□□:

□□□□□: 6(of 14)

Senioren I Hobby

□□□□□□□: 2:18:08

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	43:09	22.25	5	6:43	14	6:46	16.30	43:09	22.25	7		2	
□□ 2	20.40	55:01	21.81	7	19:44	16	19:44	36.70	1:38:10	22.00	6	15:34	11	
□□ 3	20.40	57:01	21.05	6	10:17	14	10:17	57.10	2:35:11	22.04	6	25:51	20	
□□□ □□	4.10	11:08	21.56	6	2:20	16	9:22	61.20	2:46:19	22.01	7	47:48	21	1:35:10