



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

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Elpel, Armin

□□□: 2:46:46

□□: MBC Hannover e.V.

□□: 21.95 km/h

□□: 450

□□: 61.20 km

□□□□□/□□□: 11 (of 17)

Langdistanz Lizenz

□□□□□/□: 10 (of 16)

□□□□□□: 2:16:20

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□□□□□: 1(of 2)

Senioren II Lizenz

□□□□□□□: 2:46:46

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	km	□□	km/h	-	-	□	□	km	□□	km/h	-	-	□	□
□□ 1	16.30	42:46	22.45	1	-	10	6:50	16.30	42:46	22.45	1	-	12	
□□ 2	20.40	54:30	22.02	1	-	11	54:27	36.70	1:37:16	22.21	1	-	12	
□□ 3	20.40	58:20	20.57	1	-	11	12:36	57.10	2:35:36	21.98	1	-	10	27:23
□□□ □□	4.10	11:10	21.49	1	-	11	3:03	61.20	2:46:46	21.95	1	-	12	46:12