



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

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Rotermund, Gerda

□□□: 2:50:51

□□: MTB Race Team Höxter

□□: 14.05 km/h

□□: 52

□□: 40.80 km

□□□□□/□□□: 147 (of 156)

Mitteldistanz Hobby

□□□□□/□: 8 (of 9)

□□□□□□: 2:00:32

□□□□:

□□□□□: 3(of 3)

Seniorinnen I Hobby

□□□□□□□: 2:25:46

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	km	□□	km/h	-	-	□	□	km	□□	km/h	-	-	□	□
□□ 1	16.30	1:03:40	15.08	3	6:57	8	15:51	16.30	1:03:40	15.08	3	6:57	8	15:51
□□ 2	20.40	1:29:49	13.36	3	14:36	8	28:56	36.70	2:33:29	14.07	3	21:33	8	44:47
□□□ □□	4.10	17:22	13.82	3	3:32	9	5:32	40.80	2:50:51	14.05	3	25:05	8	50:19