



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

□□□□

Lüdtke, Fred

□□□: 2:55:15

□□: RG UNI Hamburg

□□: 20.95 km/h

□□: 356

□□: 61.20 km

□□□□□/□□□: 14 (of 17)

Langdistanz Lizenz

□□□□□/□: 13 (of 16)

□□□□□□: 2:16:20

□□□□:

□□□□□: 5(of 7)

Senioren I Lizenz

□□□□□□□: 2:24:43

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	53:01	18.45	6	16:30	15	17:05	16.30	53:01	18.45	7	8:17	15	8:17
□□ 2	20.40	54:53	22.30	5	54:50	12	54:50	36.70	1:47:54	20.41	7	0:04	15	0:04
□□ 3	20.40	56:28	21.68	4	4:53	10	10:44	57.10	2:44:22	20.84	5	29:46	13	36:09
□□□ □□	4.10	10:53	22.60	3	0:46	10	2:46	61.20	2:55:15	20.95	7	54:41	15	54:41