



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

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Roshop, Ralf

□□□: 2:58:12

□□: Weser-Express

□□: 20.54 km/h

□□: 329

□□: 61.20 km

□□□□□/□□□: 23 (of 41)

Langdistanz Hobby

□□□□□/□: 23 (of 39)

□□□□□□: 2:18:08

□□□□:

□□□□□: 11(of 14)

Senioren I Hobby

□□□□□□□: 2:18:08

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	45:45	20.98	9	9:19	23	9:22	16.30	45:45	20.98	12		10	
□□ 2	20.40	58:36	20.48	11	23:19	23	23:19	36.70	1:44:21	20.70	11	21:45	9	
□□ 3	20.40	1:01:39	19.46	11	14:55	22	14:55	57.10	2:46:00	20.60	11	36:40	7	
□□□ □□	4.10	12:12	19.67	12	3:24	29	10:26	61.20	2:58:12	20.54	12	59:41	29	1:47:03