



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

□□□□

**Niggemeier, Thomas**

□□□: 3:02:18

□□: Rat Pack

□□: 13.17 km/h

□□: 462

□□: 40.80 km

□□□□□/□□□: 149 (of 156)

Mitteldistanz Hobby

□□□□□/□: 140 (of 147)

□□□□□□: 1:34:38

□□□□:

□□□□□: 7(of 8)

Junioren U 19 Hobby

□□□□□□□: 1:34:56

□□□□

□□□□

□□□

□□□	□□	□□	□□	□□	□□	□□	□□	□□□	□□□	□□□	□□	□□	□□	□□
	km	□□	km/h	-	-	□	□	km	□□	km/h	-	-	□	□
□□ 1	16.30	1:09:00	13.91	8	31:52	147	41:38	16.30	1:09:00	13.91	8	8:28	147	22:41
□□ 2	20.40	1:36:44	12.41	7	47:50	140	1:36:40	36.70	2:45:44	13.03	7	1:19:42	140	1:20:10
□□□ □□	4.10	16:34	14.49	7	7:40	141	7:40	40.80	3:02:18	13.17	8	1:41:38	147	2:05:06