



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

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Laudert, Holger

□□□: 3:04:30

□□: MTB-Team Heiligenhaus

□□: 19.84 km/h

□□: 411

□□: 61.20 km

□□□□□/□□□: 24 (of 41)

Langdistanz Hobby

□□□□□/□: 24 (of 39)

□□□□□□: 2:18:08

□□□□:

□□□□□: 8(of 15)

Masters männlich Hobby

□□□□□□□: 2:19:43

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	50:45	18.92	14	14:22	33	14:22	16.30	50:45	18.92	10	6:45	1	-
□□ 2	20.40	1:00:54	19.70	9	14:40	26	25:37	36.70	1:51:39	19.35	10	9:31	10	2:22
□□ 3	20.40	1:00:52	19.72	8	13:17	20	14:08	57.10	2:52:31	19.82	8	42:19	8	
□□□ □□	4.10	11:59	20.03	9	2:28	26	10:13	61.20	3:04:30	19.84	10	1:11:04	30	1:53:21