



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

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Schröder, Norbert

□□□: 3:10:47

□□: Cuxhaven

□□: 19.18 km/h

□□: 312

□□: 61.20 km

□□□□□/□□□: 28 (of 41)

Langdistanz Hobby

□□□□□/□: 28 (of 39)

□□□□□□: 2:18:08

□□□□:

□□□□□: 12(of 14)

Senioren I Hobby

□□□□□□□: 2:18:08

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	50:26	19.04	10	14:00	31	14:03	16.30	50:26	19.04	11		8	
□□ 2	20.40	1:05:28	18.33	12	30:11	32	30:11	36.70	1:55:54	18.64	12	33:18	14	6:37
□□ 3	20.40	1:03:30	18.90	12	16:46	25	16:46	57.10	2:59:24	19.06	12	50:04	12	3:38
□□□ □□	4.10	11:23	21.08	7	2:35	20	9:37	61.20	3:10:47	19.18	13	1:12:16	34	1:59:38