



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

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Velser, Marco

□□: Braunschweig

□□: 334

□□: 61.20 km

Langdistanz Hobby

□□□□:

Herren Hobby

□□□: 3:23:13

□□: 18.01 km/h

□□□□□/□□□: 30 (of 41)

□□□□□/□: 30 (of 39)

□□□□□□: 2:18:08

□□□□□: 6(of 8)

□□□□□□□: 2:38:35

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	54:36	17.58	7	13:31	37	18:13	16.30	54:36	17.58	8		17	3:51
□□ 2	20.40	1:04:11	18.70	7	10:40	30	28:54	36.70	1:58:47	18.18	7	22:50	16	9:30
□□ 3	20.40	1:11:26	16.80	6	16:27	31	24:42	57.10	3:10:13	17.98	6	33:24	14	14:27
□□□ □□	4.10	13:00	18.46	8	11:14	34	11:14	61.20	3:23:13	18.01	8	2:12:04	36	2:12:04