



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

□□□□

Hädicke, Simone

□□□: 3:53:20

□□: Hannover

□□: 15.69 km/h

□□: 354

□□: 61.20 km

□□□□□/□□□: 35 (of 41)

Langdistanz Hobby

□□□□□/□: 2 (of 2)

□□□□□□: 3:37:57

□□□□:

□□□□□: 2(of 2)

Masters weiblich Hobby

□□□□□□□: 3:37:57

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ km/h | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|------------|---------|---------|---------|---------|-----------|-----------|-------------|---------|---------|---------|---------|
| □□ 1 | 16.30 | 58:35 | 16.39 | 2 | 0:48 | 2 | 0:48 | 16.30 | 58:35 | 16.39 | 2 | 0:48 | 2 | 0:48 |
| □□ 2 | 20.40 | 1:17:45 | 15.43 | 2 | 2:16 | 2 | 2:16 | 36.70 | 2:16:20 | 15.84 | 2 | 3:04 | 2 | 3:04 |
| □□ 3 | 20.40 | 1:21:59 | 14.64 | 2 | 10:11 | 2 | 10:11 | 57.10 | 3:38:19 | 15.67 | 2 | 13:15 | 2 | 13:15 |
| □□□ □□ | 4.10 | 15:01 | 15.98 | 2 | 2:08 | 2 | 2:08 | 61.20 | 3:53:20 | 15.69 | 2 | 15:23 | 2 | 15:23 |