



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

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Hädicke, Simone

□□□: 3:53:20

□□: Hannover

□□: 15.74 km/h

□□: 354

□□: 61.20 km

□□□□□/□□□: 35 (of 41)

Langdistanz Hobby

□□□□□/□: 2 (of 2)

□□□□□□: 3:37:57

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□□□□□: 2(of 2)

Masters weiblich Hobby

□□□□□□□: 3:37:57

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	km	□□	km/h	-	-	□	□	km	□□	km/h	-	-	□	□
□□ 1	16.30	58:35	16.69	2	0:48	2	0:48	16.30	58:35	16.69	2	0:48	2	0:48
□□ 2	20.40	1:17:45	15.74	2	2:16	2	2:16	36.70	2:16:20	16.15	2	3:04	2	3:04
□□ 3	20.40	1:21:59	14.93	2	10:11	2	10:11	57.10	3:38:19	15.69	2	13:15	2	13:15
□□□ □□	4.10	15:01	16.38	2	2:08	2	2:08	61.20	3:53:20	15.74	2	15:23	2	15:23