



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

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Koch, Lars

□□□: 1:39:10

□□: WSV Beverungen

□□: 24.20 km/h

□□: 41

□□: 40.80 km

□□□□□/□□□: 10 (of 156)

Mitteldistanz Hobby

□□□□□/□: 10 (of 147)

□□□□□□: 1:34:38

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□□□□□: 6(of 63)

Masters männlich Hobby

□□□□□□□: 1:34:38

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	40:06	23.94	6	3:00	13	12:44	16.30	40:06	23.94	40	-	15	-
□□ 2	20.40	49:25	24.28	6	49:21	10	49:21	36.70	1:29:31	24.13	36	-	10	3:57
□□□ □□	4.10	9:39	24.87	6	0:41	11	0:45	40.80	1:39:10	24.20	8	41:58	15	41:58