



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

□□□□

Hollwede, Jochen

□□□: 1:41:31

□□: RSV Bruchhausen Vilsen

□□: 23.64 km/h

□□: 413

□□: 40.80 km

□□□□□/□□□: 6 (of 12)

Mitteldistanz Lizenz

□□□□□/□: 6 (of 12)

□□□□□□: 1:31:35

□□□□:

□□□□□: 1(of 4)

Senioren I Lizenz

□□□□□□□: 1:41:31

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	41:03	23.39	1	-	7	4:26	16.30	41:03	23.39	1	-	6	4:26
□□ 2	20.40	50:54	23.58	1	-	6	4:50	36.70	1:31:57	23.49	1	-	6	9:16
□□□ □□	4.10	9:34	25.09	1	-	5	0:56	40.80	1:41:31	23.64	1	-	6	9:56