



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

□□□□

Öhme, Ronald

□□□: 1:43:06

□□: Team Biker -Border / RSV Sehmert

□□: 23.28 km/h

□□: 447

□□: 40.80 km

□□□□□/□□□: 7 (of 12)

Mitteldistanz Lizenz

□□□□□/□: 7 (of 12)

□□□□□□: 1:31:35

□□□□:

□□□□□: 3(of 4)

Herren Lizenz

□□□□□□□: 1:31:35

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	40:57	23.44	3	4:20	6	4:20	16.30	40:57	23.44	3	4:20	7	4:20
□□ 2	20.40	52:03	23.05	3	5:59	7	5:59	36.70	1:33:00	23.23	3	10:19	7	10:19
□□□ □□	4.10	10:06	23.76	3	1:12	7	1:28	40.80	1:43:06	23.28	3	11:31	7	11:31