



# 10. MTB Marathon "Rund um Zierenberg"

Zierenberg / 30.08.2009

□□□□

Dehnert, Mirko

□□□: 2:50:56

□□: TSV Ippinghausen

□□: 18.60 km/h

□□: 256

□□: 53.00 km

□□□□□/□□□: 216 (of 443)

Halbmarathon

□□□□□/□: 208 (of 421)

□□□□□□: 1:53:57

□□□□:

□□□□□: 78(of 140)

Senioren 1

□□□□□□□: 1:53:57