



10. MTB Marathon "Rund um Zierenberg"

Zierenberg / 30.08.2009

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Kniwel, Ralf

□□□: 3:34:20

□□: Volkmarsen

□□: 14.84 km/h

□□: 387

□□: 53.00 km

□□□□□/□□□: 411 (of 443)

Halbmarathon

□□□□□/□: 392 (of 421)

□□□□□□: 1:53:57

□□□□:

□□□□□: 165(of 184)

Senioren 2

□□□□□□□: 2:06:29