



4. Lönskrug "Warm-up-Marathon" für Mountainbiker  
Hellental (Gemeinde Heinade) / 18.04.2010

□□□□

Koch, Lars

□□□: 1:36:16

□□: MTB RACE TEAM HÖXTER

□□: 24.93 km/h

□□: 37

□□□□: 25,43 min/km

□□: 40.80 km

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Mitteldistanz Hobby

□□□□□/□: 6 (of 129)

□□□□□□: 1:31:26

□□□□:

□□□□□: 1(of 51)

Senioren I Hobby

□□□□□□□: 1:36:16