



# 5. Lönskrug Warm-Up MTB-Marathon

Hellental (Gemeinde Heinade) / 17.04.2011

□□□□

Heine, Sören

□□□: 1:38:51

□□: MTB Racing Lamspringe

□□: 24.28 km/h

□□: 669

□□: 40.80 km

□□□□□/□□□: 9 (of 101)

Mitteldistanz Hobby

□□□□□/□: 9 (of 96)

□□□□□□: 1:27:59

□□□□:

□□□□□: 3(of 14)

Herren Hobby

□□□□□□□: 1:30:22

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	38:43	24.80	2	2:28	9	4:05	16.30	38:43	24.80	3	2:28	64	
□□ 2	20.40	50:56	23.56	4	5:14	10	6:23	36.70	1:29:39	24.09	3	7:42	64	
□□□ □□	4.10	9:12	26.09	3	0:47	8	0:47	40.80	1:38:51	24.28	3	8:29	10	1:00:15