



6. Lönskrug \"Warm-up-Marathon\" für Moutainbiker  
 Hellental (Gemeinde Heinade) / 14.04.2013

□□□□

Loose, Alexander

□□□: 3:13:09

□□: Liebenburg

□□: 18.95 km/h

□□: 332

□□: 61.20 km

□□□□□/□□□: 26 (of 33)

Langdistanz

□□□□□/□: 26 (of 31)

□□□□□□: 2:23:06

□□□□:

□□□□□: 9(of 11)

Senioren I

□□□□□□□: 2:29:54

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	16.30	48:49	19.67	10	11:59	29	12:24	16.30	48:49	19.67	9	11:59	6	4:49
□□ 2	20.40	1:03:21	18.94	8	13:02	25	14:57	36.70	1:52:10	19.26	9	25:01	6	11:00
□□ 3	20.40	1:08:00	17.65	8	15:46	25	1:07:54	57.10	3:00:10	18.98	9	40:47	6	16:46
□□□ □□	4.10	12:59	18.49	10	2:36	24	4:09	61.20	3:13:09	18.95	9	43:15	26	50:03