



10. Harzer MTB-Event
Altenau (Oberharz) / 24.05.2009

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Früchtenicht, Henning

□□: RSC Oldenburg/ Team Bergamont
□□: 351

□□: 70.00 km
Marathon Mitteldistanz

□□□□:
Senioren Fun

□□□: 4:06:02

□□: 17.07 km/h

□□□□□/□□□: 86 (of 192)

□□□□□/□: 84 (of 179)

□□□□□□: 2:58:59

□□□□□: 28(of 71)

□□□□□□□: 3:04:01

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	12.40	48:26	14.87	18	10:47	61	11:24	12.40	48:26	14.87	27		98	3:25
□□ 2	14.00	54:34	15.39	25	12:27	81	15:29	26.40	1:43:00	15.15	27		99	6:23
□□ 3	21.00	1:05:07	19.35	28	15:43	88	1:05:02	47.40	2:48:07	16.77	58		83	43:36
□□ 4	14.00	1:03:57	13.14	32	21:00	92	21:00	61.40	3:52:04	15.77	58		84	1:04:02
□□□ Ziel	8.60	13:58	34.37	30	2:52	89	3:05	70.00	4:06:02	17.07	38	2:27:28	107	2:27:55