



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

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Pludra, Jens

□□: Hannover
□□: 262

□□: 70.00 km
Marathon Mitteldistanz

□□□□:
Herren Fun

□□□: 4:12:07

□□: 16.66 km/h

□□□□□/□□□: 98 (of 192)

□□□□□/□: 95 (of 179)

□□□□□□: 2:58:59

□□□□□: 64(of 108)

□□□□□□□: 2:58:59

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	12.40	55:14	13.04	78	18:12	124	18:12	12.40	55:14	13.04	72	10:13	109	10:13
□□ 2	14.00	55:15	15.20	60	16:10	87	16:10	26.40	1:50:29	14.12	73	13:52	110	13:52
□□ 3	21.00	1:09:34	18.11	76	1:09:29	118	1:09:29	47.40	3:00:03	15.66	9	6:51	94	55:32
□□ 4	14.00	57:42	14.56	40	14:33	59	14:45	61.40	3:57:45	15.39	8	2:43	95	1:09:43
□□□ Ziel	8.60	14:22	33.41	68	3:29	104	3:29	70.00	4:12:07	16.66	77	2:34:00	118	2:34:00