



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

□□□□

Röpke, Dirk

□□□: 4:24:33

□□: Nordharzer RSG

□□: 15.88 km/h

□□: 342

□□: 70.00 km

□□□□□/□□□: 121 (of 192)

Marathon Mitteldistanz

□□□□□/□: 114 (of 179)

□□□□□□: 2:58:59

□□□□:

□□□□□: 40(of 71)

Senioren Fun

□□□□□□□: 3:04:01

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	12.40	55:51	13.32	52	18:12	140	18:49	12.40	55:51	13.32	6	1:25	128	10:50
□□ 2	14.00	1:00:58	13.78	48	18:51	135	21:53	26.40	1:56:49	13.56	6	4:07	129	20:12
□□ 3	21.00	1:09:14	18.20	41	19:50	115	1:09:09	47.40	3:06:03	15.29	10		112	1:01:32
□□ 4	14.00	1:03:59	13.13	33	21:02	93	21:02	61.40	4:10:02	14.73	10		114	1:22:00
□□□ Ziel	8.60	14:31	35.55	38	3:25	108	3:38	70.00	4:24:33	15.88	50	2:45:59	138	2:46:26