



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

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Michaelis, Volker

□□□: 4:42:17

□□: Freie RADikale

□□: 14.88 km/h

□□: 312

□□: 70.00 km

□□□□□/□□□: 141 (of 192)

Marathon Mitteldistanz

□□□□□/□: 132 (of 179)

□□□□□□: 2:58:59

□□□□:

□□□□□: 47(of 71)

Senioren Fun

□□□□□□□: 3:04:01

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□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	12.40	54:46	13.15	45	17:07	119	17:44	12.40	54:46	13.15	33	0:20	146	9:45
□□ 2	14.00	1:00:54	13.79	47	18:47	134	21:49	26.40	1:55:40	13.49	33	2:58	147	19:03
□□ 3	21.00	1:11:40	17.58	44	22:16	124	1:11:35	47.40	3:07:20	15.05	17		130	1:02:49
□□ 4	14.00	1:19:00	10.63	52	36:03	141	36:03	61.40	4:26:20	13.74	17	0:18	132	1:38:18
□□□ Ziel	8.60	15:57	30.09	54	4:51	149	5:04	70.00	4:42:17	14.88	57	3:03:43	156	3:04:10