



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

□□□□

Biermann, Holger

□□□: 4:44:13

□□: Ski Club Altenau

□□: 14.78 km/h

□□: 220

□□: 70.00 km

□□□□□/□□□: 145 (of 192)

Marathon Mitteldistanz

□□□□□/□: 136 (of 179)

□□□□□□: 2:58:59

□□□□:

□□□□□: 49(of 71)

Senioren Fun

□□□□□□□: 3:04:01

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	12.40	56:50	12.67	55	19:11	146	19:48	12.40	56:50	12.67	31	2:24	150	11:49
□□ 2	14.00	1:00:11	13.96	43	18:04	127	21:06	26.40	1:57:01	13.33	31	4:19	151	20:24
□□ 3	21.00	1:12:03	17.49	45	22:39	125	1:11:58	47.40	3:09:04	14.92	19		134	1:04:33
□□ 4	14.00	1:20:27	10.44	54	37:30	143	37:30	61.40	4:29:31	13.58	19	3:29	136	1:41:29
□□□ Ziel	8.60	14:42	32.65	42	3:36	119	3:49	70.00	4:44:13	14.78	59	3:05:39	160	3:06:06