



10. Harzer MTB-Event

Altenau (Oberharz) / 24.05.2009

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Hinners, Rolf

□□□: 4:46:19

□□: RSV Bruchhausen-Vilsen

□□: 14.67 km/h

□□: 201

□□: 70.00 km

□□□□□/□□□: 146 (of 192)

Marathon Mitteldistanz

□□□□□/□: 137 (of 179)

□□□□□□: 2:58:59

□□□□:

□□□□□: 50(of 71)

Senioren Fun

□□□□□□□: 3:04:01

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	12.40	55:50	12.90	51	18:11	139	18:48	12.40	55:50	12.90	30	1:24	151	10:49
□□ 2	14.00	1:02:09	13.52	50	20:02	141	23:04	26.40	1:57:59	13.22	30	5:17	152	21:22
□□ 3	21.00	1:14:02	17.02	47	24:38	129	1:13:57	47.40	3:12:01	14.69	20		135	1:07:30
□□ 4	14.00	1:18:43	10.67	51	35:46	139	35:46	61.40	4:30:44	13.52	20	4:42	137	1:42:42
□□□ Ziel	8.60	15:35	30.80	52	4:29	140	4:42	70.00	4:46:19	14.67	60	3:07:45	161	3:08:12