



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

□□□□

Herbote, Michael

□□□: 4:50:38

□□: MTV Förste

□□: 14.45 km/h

□□: 223

□□: 70.00 km

□□□□□/□□□: 148 (of 192)

Marathon Mitteldistanz

□□□□□/□: 139 (of 179)

□□□□□□: 2:58:59

□□□□:

□□□□□: 51(of 71)

Senioren Fun

□□□□□□□: 3:04:01

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	km	□□	km/h	-	-	□	□	km	□□	km/h	-	-	□	□
□□ 1	12.40	1:00:47	11.85	59	23:08	157	23:45	12.40	1:00:47	11.85	29	6:21	153	15:46
□□ 2	14.00	1:05:01	12.92	57	22:54	149	25:56	26.40	2:05:48	12.40	29	13:06	154	29:11
□□ 3	21.00	1:17:41	16.22	52	28:17	140	1:17:36	47.40	3:23:29	13.86	21	8:41	137	1:18:58
□□ 4	14.00	1:13:23	11.45	48	30:26	134	30:26	61.40	4:36:52	13.22	21	10:50	139	1:48:50
□□□ Ziel	8.60	13:46	34.87	25	2:40	80	2:53	70.00	4:50:38	14.45	61	3:12:04	163	3:12:31