



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

□□□□

Jagomast, Mike

□□: www.bewegungsspezialist.de

□□: 304

□□: 70.00 km

Marathon Mitteldistanz

□□□□:

Senioren Fun

□□□: 4:50:54

□□: 14.44 km/h

□□□□□/□□□: 149 (of 192)

□□□□□/□: 140 (of 179)

□□□□□□: 2:58:59

□□□□□: 52(of 71)

□□□□□□□: 3:04:01

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	12.40	52:41	14.12	34	15:02	101	15:39	12.40	52:41	14.12	28	-	154	7:40
□□ 2	14.00	57:16	14.67	37	15:09	107	18:11	26.40	1:49:57	14.41	28	-	155	13:20
□□ 3	21.00	1:33:18	13.50	58	43:54	150	1:33:13	47.40	3:23:15	13.99	22	8:27	138	1:18:44
□□ 4	14.00	1:13:31	11.43	49	30:34	135	30:34	61.40	4:36:46	13.31	22	10:44	140	1:48:44
□□□ Ziel	8.60	14:08	36.51	33	3:02	96	3:15	70.00	4:50:54	14.44	62	3:12:20	164	3:12:47