



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

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Steunenberg, Hans

□□: Markelo
□□: 320

□□: 70.00 km
Marathon Mitteldistanz

□□□□:
Senioren Fun

□□□: 5:16:29

□□: 13.27 km/h

□□□□□/□□□: 161 (of 192)

□□□□□/□: 150 (of 179)

□□□□□□: 2:58:59

□□□□□: 58(of 71)

□□□□□□□: 3:04:01

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	12.40	1:05:57	10.92	65	28:18	165	28:55	12.40	1:05:57	10.92	22	11:31	165	20:56
□□ 2	14.00	1:09:57	12.01	60	27:50	159	30:52	26.40	2:15:54	11.48	22	23:12	166	39:17
□□ 3	21.00	1:24:24	14.93	54	35:00	145	1:24:19	47.40	3:40:18	12.80	28	25:30	149	1:35:47
□□ 4	14.00	1:20:18	10.46	53	37:21	142	37:21	61.40	5:00:36	12.18	28	34:34	150	2:12:34
□□□ Ziel	8.60	15:53	30.22	53	4:47	148	5:00	70.00	5:16:29	13.27	68	3:37:55	175	3:38:22