



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

□□□□

Ostrowski, Thorsten

□□□: 5:28:01

□□: RSV Adler Goslar

□□: 19.21 km/h

□□: 581

□□: 105.00 km

□□□□□/□□□: 24 (of 76)

Marathon Langdistanz

□□□□□/□: 24 (of 72)

□□□□□□: 4:20:30

□□□□:

□□□□□: 16(of 44)

Herren Fun

□□□□□□□: 4:20:30

□□□□

□□□□

□□□

| □□□      | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------|----------|----------|------------|---------|---------|---------|---------|-----------|-----------|-------------|---------|---------|---------|---------|
| □□ 1     | 12.40    | 43:59    | 16.92      | 19      | 6:53    | 27      | 6:53    | 12.40     | 43:59     | 16.92       | 43      |         |         | 58      |
| □□ 2     | 14.00    | 46:37    | 18.02      | 18      | 7:34    | 25      | 7:36    | 26.40     | 1:30:36   | 17.48       | 41      |         |         | 58      |
| □□ 3     | 21.00    | 56:01    | 22.49      | 19      | 9:48    | 27      | 9:48    | 47.40     | 2:26:37   | 19.40       | 41      |         |         | 58      |
| □□ 4     | 14.00    | 49:06    | 17.11      | 14      | 9:55    | 20      | 9:55    | 61.40     | 3:15:43   | 18.82       | 40      |         |         | 57      |
| □□ 5     | 21.00    | 1:00:19  | 20.89      | 18      | 1:00:18 | 27      | 1:00:18 | 82.40     | 4:16:02   | 19.31       | 35      |         |         | 55      |
| □□ 6     | 14.00    | 56:23    | 14.90      | 19      | 15:59   | 31      | 15:59   | 96.40     | 5:12:25   | 18.51       | 35      |         |         | 55      |
| □□□ Ziel | 8.60     | 15:36    | 33.08      | 37      | 4:17    | 62      | 4:24    | 105.00    | 5:28:01   | 19.21       | 22      | 2:41:40 | 34      | 2:41:40 |