



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

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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

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| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ km/h | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|------------|---------|---------|---------|---------|-----------|-----------|-------------|---------|---------|---------|---------|
| □□ 1 | 12.40 | 43:59 | 16.37 | 19 | 6:53 | 27 | 6:53 | 12.40 | 43:59 | 16.37 | 43 | | | 58 |
| □□ 2 | 14.00 | 46:37 | 18.02 | 18 | 7:34 | 25 | 7:36 | 26.40 | 1:30:36 | 17.22 | 41 | | | 58 |
| □□ 3 | 21.00 | 56:01 | 22.49 | 19 | 9:48 | 27 | 9:48 | 47.40 | 2:26:37 | 19.23 | 41 | | | 58 |
| □□ 4 | 14.00 | 49:06 | 17.11 | 14 | 9:55 | 20 | 9:55 | 61.40 | 3:15:43 | 18.70 | 40 | | | 57 |
| □□ 5 | 21.00 | 1:00:19 | 20.89 | 18 | 1:00:18 | 27 | 1:00:18 | 82.40 | 4:16:02 | 19.22 | 35 | | | 55 |
| □□ 6 | 14.00 | 56:23 | 14.90 | 19 | 15:59 | 31 | 15:59 | 96.40 | 5:12:25 | 18.44 | 35 | | | 55 |
| □□□ Ziel | 8.60 | 15:36 | 30.77 | 37 | 4:17 | 62 | 4:24 | 105.00 | 5:28:01 | 19.21 | 22 | 2:41:40 | 34 | 2:41:40 |