



10. Harzer MTB-Event

Altenau (Oberharz) / 24.05.2009

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Lange, Dirk

□□: Neuhof

□□: 578

□□: 105.00 km

Marathon Langdistanz

□□□□:

Senioren Fun

□□□: 6:00:05

□□: 17.50 km/h

□□□□□/□□□: 48 (of 76)

□□□□□/□: 45 (of 72)

□□□□□□: 4:20:30

□□□□□: 16(of 28)

□□□□□□□: 4:29:48

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	12.40	46:47	15.39	15	9:40	40	9:41	12.40	46:47	15.39	10	5:04	10	2:40
□□ 2	14.00	52:49	15.90	18	13:48	46	13:48	26.40	1:39:36	15.66	10	7:52	2	3:31
□□ 3	21.00	1:01:30	20.49	16	15:13	49	15:17	47.40	2:41:06	17.50	10	11:49	2	8:39
□□ 4	14.00	58:29	14.36	17	13:42	47	19:18	61.40	3:39:35	16.67	10	9:24	2	7:02
□□ 5	21.00	1:05:04	19.36	16	16:07	44	1:05:03	82.40	4:44:39	17.28	10	17:29	14	
□□ 6	14.00	1:02:08	13.52	17	20:29	49	21:44	96.40	5:46:47	16.61	9	18:15	15	
□□□ Ziel	8.60	13:18	36.09	12	2:06	35	2:06	105.00	6:00:05	17.50	20	2:22:51	55	3:13:44