



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

□□□□

Elpel, Armin

□□: Garbsen

□□: 544

□□: 105.00 km

Marathon Langdistanz

□□□□:

Senioren Fun

□□□: 6:05:19

□□: 17.25 km/h

□□□□□/□□□: 51 (of 76)

□□□□□/□: 48 (of 72)

□□□□□□: 4:20:30

□□□□□: 18(of 28)

□□□□□□□: 4:29:48

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ km/h | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|------------|---------|---------|---------|---------|-----------|-----------|-------------|---------|---------|---------|---------|
| □□ 1 | 12.40 | 50:29 | 14.26 | 19 | 13:22 | 49 | 13:23 | 12.40 | 50:29 | 14.26 | 8 | 8:46 | 32 | 6:22 |
| □□ 2 | 14.00 | 53:14 | 15.78 | 19 | 14:13 | 49 | 14:13 | 26.40 | 1:43:43 | 15.04 | 8 | 11:59 | 34 | 7:38 |
| □□ 3 | 21.00 | 1:02:19 | 20.22 | 19 | 16:02 | 52 | 16:06 | 47.40 | 2:46:02 | 16.98 | 8 | 16:45 | 34 | 13:35 |
| □□ 4 | 14.00 | 55:20 | 15.18 | 16 | 10:33 | 41 | 16:09 | 61.40 | 3:41:22 | 16.53 | 8 | 11:11 | 34 | 8:49 |
| □□ 5 | 21.00 | 1:06:23 | 18.98 | 18 | 17:26 | 48 | 1:06:22 | 82.40 | 4:47:45 | 17.10 | 8 | 20:35 | 1 | - |
| □□ 6 | 14.00 | 1:02:22 | 13.47 | 18 | 20:43 | 50 | 21:58 | 96.40 | 5:50:07 | 16.45 | 7 | 21:35 | 18 | 3:07 |
| □□□ Ziel | 8.60 | 15:12 | 31.58 | 24 | 4:00 | 60 | 4:00 | 105.00 | 6:05:19 | 17.25 | 22 | 2:28:05 | 58 | 3:18:58 |