



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

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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