



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

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Herrmann, Dieter

□□: Salzgitter

□□: 586

□□: 105.00 km

Marathon Langdistanz

□□□□:

Senioren Fun

□□□: 6:32:03

□□: 16.07 km/h

□□□□□/□□□: 56 (of 76)

□□□□□/□: 53 (of 72)

□□□□□□: 4:20:30

□□□□□: 20(of 28)

□□□□□□□: 4:29:48

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	12.40	53:44	13.85	25	16:37	63	16:38	12.40	53:44	13.85	6	12:01	29	9:37
□□ 2	14.00	55:42	15.08	23	16:41	56	16:41	26.40	1:49:26	14.47	6	17:42	29	13:21
□□ 3	21.00	1:09:46	18.06	26	23:29	65	23:33	47.40	2:59:12	15.87	6	29:55	29	26:45
□□ 4	14.00	1:01:58	13.56	22	17:11	57	22:47	61.40	4:01:10	15.28	6	30:59	29	28:37
□□ 5	21.00	1:11:25	17.64	20	22:28	54	1:11:24	82.40	5:12:35	15.82	6	45:25	22	24:50
□□ 6	14.00	1:05:12	12.88	21	23:33	55	24:48	96.40	6:17:47	15.31	5	49:15	23	30:47
□□□ Ziel	8.60	14:16	36.17	18	3:04	51	3:04	105.00	6:32:03	16.07	24	2:54:49	63	3:45:42