



1. Bad Harzburger Bike Marathon

Bad Harzburg / 07.06.2009

□□□□

Elpel, Armin

□□□: 6:13:34

□□: MBC Hannover

□□: 13.65 km/h

□□: 526

□□: 85.00 km

□□□□□/□□□: 27 (of 40)

Hauptrennen Harzer MTB-Cup - 5 Runden

□□□□□/□: 27 (of 38)

□□□□□□: 4:11:26

□□□□:

□□□□□: 10(of 15)

Senioren

□□□□□□□: 4:32:51

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	11.60	44:13	14.93	11	8:03	26	11:03	11.60	44:13	14.93	15		17	
□□ 2	17.00	1:05:20	15.61	10	13:07	26	16:36	28.60	1:49:33	15.34	14	10:15	17	2:49
□□ 3	17.00	1:09:57	14.58	11	15:52	27	19:43	45.60	2:59:30	15.04	14	18:27	17	6:49
□□ 4	17.00	1:23:32	12.21	10	27:31	28	31:20	62.60	4:23:02	14.14	11	1:03:37	4	25:07
□□ 5	17.00	1:29:41	11.37	10	31:32	28	37:08	79.60	5:52:43	13.44	10	1:35:09	3	46:15
□□□ Ziel	5.40	20:51	14.39	12	5:34	30	6:18	85.00	6:13:34	13.65	15	4:59:58	36	4:59:58