



# MTB-Cup Marathon Braunlage 2009

Braunlage / 08.08.2009

□□□□

Rokahr, Holger

□□□: 4:58:30

□□: Springe

□□: 19.10 km/h

□□: 120

□□: 95.00 km

□□□□□/□□□: 25 (of 34)

Marathon-Tour lang

□□□□□/□: 25 (of 34)

□□□□□□: 3:36:27

□□□□:

□□□□□: 10(of 34)

Männer

□□□□□□□: 3:52:58

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	11.29	42:50	15.81	27	8:58	27	8:58	11.29	42:50	15.81	14	2:06	14	2:06
□□ 2	19.00	55:15	20.63	28	16:33	28	16:33	30.29	1:38:05	18.53	14	5:31	14	5:31
□□ 3	19.00	1:00:22	18.88	30	17:45	30	17:45	49.29	2:38:27	18.66	14	11:09	14	11:09
□□ 4	19.00	1:02:46	18.16	25	19:14	25	19:14	68.29	3:41:13	18.52	5	24:21	5	24:21
□□ 5	19.00	1:08:01	16.76	25	22:48	25	22:48	87.29	4:49:14	18.11	3	1:12:16	3	1:12:16
□□□ Ziel	7.71	9:16	49.92	23	1:01	23	1:01	95.00	4:58:30	19.10	31	1:42:46	31	1:42:46