



2. Bad Harzburger MTB Marathon

Bad Harzburg / 25.04.2010

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Helmker, Frank

□□□: 2:50:48

□□: Focus Bad Salzdetfurth racing

□□: 17.92 km/h

□□: 3146

□□: 51.00 km

□□□□□/□□□: 36 (of 164)

Hauptrennen Harzer MTB-Cup - 3 Runden

□□□□□/□: 36 (of 157)

□□□□□□: 2:15:54

□□□□:

□□□□□: 6(of 59)

Senioren

□□□□□□□: 2:42:28

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	11.60	41:57	16.59	8	4:37	44	8:08	11.60	41:57	16.59	36		43	1:36
□□ 2	17.00	57:15	17.82	7	6:20	48	11:29	28.60	1:39:12	17.30	36		43	4:00
□□ 3	17.00	58:31	17.43	5	2:17	31	12:28	45.60	2:37:43	17.35	33		36	31:51
□□□ Ziel	5.40	13:05	24.76	7	0:55	35	12:51	51.00	2:50:48	17.92	9	2:13:23	53	2:13:23