



11. Harzer MTB-Event

Altenau (Oberharz) / 30.05.2010

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Marquardt, Ralph

□□: SG Athletico Büdelsdorf
 □□: 401

□□: 77.80 km
 Marathon Mitteldistanz

□□□□:
 Senioren

□□□: 4:05:31

□□: 19.01 km/h

□□□□□/□□□: 72 (of 160)

□□□□□/□: 70 (of 154)

□□□□□□: 3:00:41

□□□□□: 25(of 69)

□□□□□□□: 3:27:16

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	12.30	34:01	21.70	24	6:40	70	7:46	12.30	34:01	21.70	64	0:23	84	
□□ 2	13.40	37:08	21.65	26	5:30	75	8:06	25.70	1:11:09	21.67	64		84	
□□ 3	25.50	1:22:59	18.44	24	14:46	71	43:39	51.20	2:34:08	19.93	55		71	37:38
□□ 4	13.40	40:45	19.73	22	7:24	66	10:36	64.60	3:14:53	19.89	55		70	48:14
□□□ □□	13.20	50:38	15.64	30	10:17	83	18:58	77.80	4:05:31	19.01	33	2:21:25	90	2:24:07