



# 11. Harzer MTB-Event

Altenau (Oberharz) / 30.05.2010

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Elpel, Armin

□□: Garbsen  
 □□: 500

□□: 77.80 km  
 Marathon Mitteldistanz

□□□□:  
 Senioren

□□□: 4:20:38

□□: 17.91 km/h

□□□□□/□□□: 91 (of 160)

□□□□□/□: 89 (of 154)

□□□□□□: 3:00:41

□□□□□: 33(of 69)

□□□□□□□: 3:27:16

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	12.30	33:47	21.85	22	6:26	66	7:32	12.30	33:47	21.85	13	0:09	103	
□□ 2	13.40	36:35	21.98	22	4:57	68	7:33	25.70	1:10:22	21.91	13		89	
□□ 3	25.50	1:28:29	17.29	32	20:16	89	49:09	51.20	2:38:51	19.34	3		90	42:21
□□ 4	13.40	44:19	18.14	36	10:58	94	14:10	64.60	3:23:10	19.08	3		89	56:31
□□□ □□	13.20	57:28	13.78	52	17:07	123	25:48	77.80	4:20:38	17.91	42	2:36:32	110	2:39:14