



# 11. Harzer MTB-Event

Altenau (Oberharz) / 30.05.2010

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**Meier-Plate, Dirk**

□□: TuS Müden-Dieckhorst  
 □□: 371

□□: 77.80 km  
 Marathon Mitteldistanz

□□□□:  
 Senioren

□□□: 4:28:14

□□: 17.40 km/h

□□□□□/□□□: 101 (of 160)

□□□□□/□: 99 (of 154)

□□□□□□: 3:00:41

□□□□□: 37(of 69)

□□□□□□□: 3:27:16

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| □□□    | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|------------|---------|---------|---------|---------|-----------|-----------|-------------|---------|---------|---------|---------|
| □□ 1   | 12.30    | 38:05    | 19.38      | 41      | 10:44   | 111     | 11:50   | 12.30     | 38:05     | 19.38       | 9       | 4:27    | 113     | 0:28    |
| □□ 2   | 13.40    | 39:57    | 20.13      | 40      | 8:19    | 106     | 10:55   | 25.70     | 1:18:02   | 19.76       | 9       | 5:21    | 113     | 0:36    |
| □□ 3   | 25.50    | 1:32:48  | 16.49      | 39      | 24:35   | 101     | 53:28   | 51.20     | 2:50:50   | 17.98       | 7       |         | 100     | 54:20   |
| □□ 4   | 13.40    | 45:02    | 17.85      | 38      | 11:41   | 104     | 14:53   | 64.60     | 3:35:52   | 17.96       | 7       |         | 99      | 1:09:13 |
| □□□ □□ | 13.20    | 52:22    | 15.12      | 37      | 12:01   | 96      | 20:42   | 77.80     | 4:28:14   | 17.40       | 46      | 2:44:08 | 120     | 2:46:50 |