



# 11. Harzer MTB-Event

Altenau (Oberharz) / 30.05.2010

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Schindwolf, Uwe

□□□: 4:39:31

□□: team massageHamburg.net

□□: 16.70 km/h

□□: 468

□□: 77.80 km

□□□□□/□□□: 116 (of 160)

Marathon Mitteldistanz

□□□□□/□: 113 (of 154)

□□□□□□: 3:00:41

□□□□:

□□□□□: 45(of 69)

Senioren

□□□□□□□: 3:27:16

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	12.30	38:27	19.19	43	11:06	114	12:12	12.30	38:27	19.19	10	4:49	127	0:50
□□ 2	13.40	40:22	19.92	41	8:44	109	11:20	25.70	1:18:49	19.56	10	6:08	127	1:23
□□ 3	25.50	1:44:08	14.69	49	35:55	123	1:04:48	51.20	3:02:57	16.79	15	11:44	114	1:06:27
□□ 4	13.40	44:03	18.25	34	10:42	92	13:54	64.60	3:47:00	17.07	15	6:15	113	1:20:21
□□□ □□	13.20	52:31	15.08	38	12:10	98	20:51	77.80	4:39:31	16.70	54	2:55:25	134	2:58:07