



# 11. Harzer MTB-Event

Altenau (Oberharz) / 30.05.2010

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**Bzdok, Stefan**

□□: MTB Team Harzblut Goslar  
 □□: 17

□□: 116.70 km  
 Marathon Langdistanz

□□□□:  
 Senioren

□□□: 6:14:31

□□: 18.58 km/h

□□□□□/□□□: 28 (of 43)

□□□□□/□: 28 (of 42)

□□□□□□: 4:43:55

□□□□□: 10(of 19)

□□□□□□□: 4:44:17

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	12.30	34:45	20.72	14	8:27	32	8:27	12.30	34:45	20.72	9	1:23	14	
□□ 2	13.40	38:32	20.24	14	9:20	34	9:24	25.70	1:13:17	20.47	6	4:30	14	3:18
□□ 3	25.50	1:23:48	17.90	12	21:42	31	21:42	51.20	2:37:05	19.48	9	6:30	13	6:23
□□ 4	13.40	40:20	19.34	10	10:00	29	11:10	64.60	3:17:25	19.45	9	7:27	13	9:11
□□ 5	25.50	1:26:00	17.44	10	19:15	27	19:15	90.10	4:43:25	19.05	9	9:10	11	9:19
□□ 6	13.40	41:57	18.59	9	9:23	24	9:23	103.50	5:25:22	18.99	9	10:18	11	7:19
□□□ □□	13.20	49:09	15.87	10	13:18	26	13:39	116.70	6:14:31	18.58	12	4:00:24	35	4:34:44