



# 11. Harzer MTB-Event

Altenau (Oberharz) / 30.05.2010

□□□□

Rokahr, Holger

□□: Springe

□□: 1

□□: 116.70 km

Marathon Langdistanz

□□□□:

Senioren

□□□: 6:18:36

□□: 18.49 km/h

□□□□□/□□□: 29 (of 43)

□□□□□/□: 29 (of 42)

□□□□□□: 4:43:55

□□□□□: 11(of 19)

□□□□□□□: 4:44:17

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	12.30	33:24	22.10	10	7:06	27	7:06	12.30	33:24	22.10	8	0:02	15	
□□ 2	13.40	37:56	21.20	12	8:44	31	8:48	25.70	1:11:20	21.62	8	2:33	15	1:21
□□ 3	25.50	1:22:05	18.64	11	19:59	30	19:59	51.20	2:33:25	20.02	8	2:50	14	2:43
□□ 4	13.40	40:39	19.78	11	10:19	30	11:29	64.60	3:14:04	19.97	8	4:06	14	5:50
□□ 5	25.50	1:31:41	16.69	14	24:56	32	24:56	90.10	4:45:45	18.92	8	11:30	12	11:39
□□ 6	13.40	42:23	18.97	11	9:49	26	9:49	103.50	5:28:08	18.93	8	13:04	12	10:05
□□□ □□	13.20	50:28	15.69	12	14:37	30	14:58	116.70	6:18:36	18.49	13	4:04:29	36	4:38:49