



# 3. Bad Harzburger MTB-Marathon

Bad Harzburg / 17.04.2011

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Helmker, Frank

□□□: 2:43:31

□□: Focus BAD SALZDETFURTH racing

□□: - km/h

□□: 3120

□□□□□/□□□: 43 (of 238)

Enduro Long Men

□□□□□/□: 43 (of 229)

□□□□□□: 2:14:17

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□□□□□: 1(of 96)

Senioren unter 50 Jahre

□□□□□□□: 2:43:31

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	km	□□	km/h	-	-	□	□	km	□□	km/h	-	-	□	□	
□□ 1	11.60	38:54	16.97	8	4:46	37	5:36	11.60	38:54	16.97	55	-	-	53	
□□ 2	17.00	53:16	19.15	12	5:35	45	9:07	28.60	1:32:10	18.23	57	-	-	47	14:05
□□ 3	17.00	56:34	18.03	14	7:23	48	11:18	45.60	2:28:44	18.15	44	-	-	43	25:23
□□□ Ziel	5.40	14:47	20.29	42	3:57	116	4:35	-	2:43:31	-	19	1:35:43	-	54	1:48:18