



12. Harzer MTB-Event  
Altenau (Oberharz) / 22.05.2011

□□□□

Grüneberg, Raul

□□: Münster  
□□: 900

□□: 76.00 km  
Marathon Mitteldistanz

□□□□:  
Senioren

□□□: 3:53:00

□□: 19.57 km/h

□□□□□/□□□: 106 (of 214)

□□□□□/□: 105 (of 207)

□□□□□□: 2:52:22

□□□□□: 38(of 96)

□□□□□□□: 3:06:30

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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   | 25.70    | 1:09:47  | 22.10      | 36      | 12:20   | 98      | 15:14   | 25.70     | 1:09:47   | 22.10       | 36      | -       | -       | 127     | 14:03 |
| □□ 2   | 38.00    | 1:59:11  | 19.13      | 43      | 33:50   | 110     | 1:03:27 | 63.70     | 3:08:58   | 20.23       | 68      | -       | -       | 107     | 40:52 |
| □□□ □□ | 12.30    | 44:02    | 16.76      | 46      | 20:09   | 112     | 20:09   | 76.00     | 3:53:00   | 19.57       | 48      | 2:05:23 | 129     | 2:24:43 |       |