



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

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Fricke, Welf

□□: Mcc Helmstedt  
□□: 790

□□: 76.00 km  
Marathon Mitteldistanz

□□□□:  
Senioren

□□□: 4:14:25

□□: 17.92 km/h

□□□□□/□□□: 142 (of 214)

□□□□□/□: 137 (of 207)

□□□□□□: 2:52:22

□□□□□: 58(of 96)

□□□□□□□: 3:06:30

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	25.70	1:20:02	18.74	69	22:35	169	25:29	25.70	1:20:02	18.74	4	3:31	10	24:18
□□ 2	38.00	2:08:46	17.71	58	43:25	136	1:13:02	63.70	3:28:48	18.10	6	9:35	140	1:00:42
□□□ □□	12.30	45:37	15.78	58	21:44	135	21:44	76.00	4:14:25	17.92	68	2:26:48	162	2:46:08