



4. Bad Harzburger Bio Racer Bike-Marathon

Bad Harzburg / 29.04.2012

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Helmker, Frank

□□□: 5:14:54

□□: Fokus RAPIDO Racing

□□: 18.10 km/h

□□: 5076

□□: 95.00 km

□□□□□/□□□: 34 (of 60)

Hauptrennen Harzer MTB-Cup - 5 Runden

□□□□□/□: 33 (of 57)

□□□□□□: 4:11:12

□□□□:

□□□□□: 12(of 21)

Senioren

□□□□□□□: 4:11:12

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
□□ 1	12.80	39:34	19.41	12	5:41	39	6:01	12.80	39:34	19.41	6	3:07	14	
□□ 2	19.00	58:34	19.46	11	9:18	34	9:18	31.80	1:38:08	19.44	6	1:28	14	0:08
□□ 3	19.00	1:04:41	17.62	16	14:50	41	14:50	50.80	2:42:49	18.72	6	3:20	11	
□□ 4	19.00	1:07:23	16.92	17	17:17	41	17:19	69.80	3:50:12	18.19	6	8:38	11	
□□ 5	19.00	1:07:09	16.98	15	14:57	36	14:57	88.80	4:57:21	17.92	12	1:01:53	11	0:40
□□□ Ziel	6.20	17:33	21.20	7	2:31	23	3:05	95.00	5:14:54	18.10	13	1:03:42	35	2:19:27