



14. Harzer MTB-Event

Altenau (Oberharz) / 12.05.2013

□□□□

Ladewig, Frank

□□: Berlin

□□: 269

□□: 79.40 km

Marathon Mitteldistanz

□□□□:

Senioren

□□□: 4:38:50

□□: 17.00 km/h

□□□□□/□□□: 61 (of 128)

□□□□□/□: 59 (of 121)

□□□□□□: 3:14:04

□□□□□: 24(of 49)

□□□□□□□: 3:28:07

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Bergwertung Anf	7.70	19:33	21.48	35	4:50	92	5:12	7.70	19:33	21.48	16		77	4:22
Bergwertung Enc	2.00	10:33	11.37	36	2:55	91	3:49	9.70	30:06	17.94	16		100	6:24
Trailwertung Anf	20.20	1:04:42	18.55	32	14:28	80	16:47	29.90	1:34:48	18.35	15		95	14:25
Trailwertung End	1.20	5:13	11.50	33	1:34	80	2:06	31.10	1:40:01	18.60	15		94	15:29
Runde	8.80	29:04	16.51	28	6:21	70	8:31	39.90	2:09:05	18.13	14	0:38	89	5:19
Bergwertung Anf	7.50	23:07	18.17	29	6:45	69	7:26	47.40	2:32:12	18.53	1	-	46	12:54
Bergwertung Enc	2.00	13:01	9.22	32	4:44	78	5:07	49.40	2:45:13	17.79	1	-	46	13:55
Trailwertung Anf	20.20	1:15:24	15.92	27	21:40	65	1:05:59	69.60	4:00:37	17.21	8		2	13:36
Trailwertung End	1.20	5:18	11.32	13	1:10	39	1:35	70.80	4:05:55	17.08	8		3	12:13
Runde	8.60	32:55	14.58	24	7:34	60	11:00	79.40	4:38:50	17.00	24	1:10:43	59	1:24:46