



14. Harzer MTB-Event

Altenau (Oberharz) / 12.05.2013

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Köhler, Roland

□□□: 4:39:42

□□: Rc Endspurt Herford

□□: 16.95 km/h

□□: 268

□□: 79.40 km

□□□□□/□□□: 63 (of 128)

Marathon Mitteldistanz

□□□□□/□: 61 (of 121)

□□□□□□: 3:14:04

□□□□:

□□□□□: 25(of 49)

Senioren

□□□□□□□: 3:28:07

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□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Bergwertung Anf | 7.70 | 17:33 | 23.93 | 20 | 2:50 | 59 | 3:12 | 7.70 | 17:33 | 23.93 | 6 | - | 56 | 2:22 |
| Bergwertung Enc | 2.00 | 9:52 | 12.16 | 27 | 2:14 | 68 | 3:08 | 9.70 | 27:25 | 19.70 | 17 | - | 102 | 3:43 |
| Trailwertung Anf | 20.20 | 1:00:40 | 19.78 | 24 | 10:26 | 61 | 12:45 | 29.90 | 1:28:05 | 19.75 | 16 | - | 97 | 7:42 |
| Trailwertung End | 1.20 | 5:11 | 11.58 | 32 | 1:32 | 79 | 2:04 | 31.10 | 1:33:16 | 19.94 | 16 | - | 96 | 8:44 |
| Runde | 8.80 | 29:32 | 16.25 | 30 | 6:49 | 74 | 8:59 | 39.90 | 2:02:48 | 19.06 | 15 | - | 91 | |
| Bergwertung Anf | 7.50 | 21:12 | 19.81 | 25 | 4:50 | 60 | 5:31 | 47.40 | 2:24:00 | 19.58 | 12 | - | 44 | 4:42 |
| Bergwertung Enc | 2.00 | 13:10 | 9.11 | 33 | 4:53 | 80 | 5:16 | 49.40 | 2:37:10 | 18.71 | 12 | - | 44 | 5:52 |
| Trailwertung Anf | 20.20 | 1:16:47 | 15.63 | 28 | 23:03 | 69 | 1:07:22 | 69.60 | 3:53:57 | 17.70 | 9 | - | 42 | 6:56 |
| Trailwertung End | 1.20 | 6:52 | 8.74 | 32 | 2:44 | 77 | 3:09 | 70.80 | 4:00:49 | 17.44 | 9 | - | 12 | 7:07 |
| Runde | 8.60 | 38:53 | 12.34 | 32 | 13:32 | 76 | 16:58 | 79.40 | 4:39:42 | 16.95 | 25 | 1:11:35 | 61 | 1:25:38 |