



14. Harzer MTB-Event

Altenau (Oberharz) / 12.05.2013

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Elsner, René

□□: TSV Loccum

□□: 227

□□: 79.40 km

Marathon Mitteldistanz

□□□□:

Senioren

□□□: 4:58:30

□□: 15.88 km/h

□□□□□/□□□: 74 (of 128)

□□□□□/□: 72 (of 121)

□□□□□□: 3:14:04

□□□□□: 29(of 49)

□□□□□□□: 3:28:07

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Bergwertung Anf	7.70	20:23	20.61	40	5:40	104	6:02	7.70	20:23	20.61	21		113	5:12
Bergwertung Enc	2.00	11:31	10.42	43	3:53	108	4:47	9.70	31:54	16.93	21		113	8:12
Trailwertung Anf	20.20	1:07:38	17.74	35	17:24	86	19:43	29.90	1:39:32	17.48	20		108	19:09
Trailwertung End	1.20	5:28	10.98	36	1:49	89	2:21	31.10	1:45:00	17.71	20		107	20:28
Runde	8.80	30:47	15.59	32	8:04	81	10:14	39.90	2:15:47	17.23	19	7:20	102	12:01
Bergwertung Anf	7.50	26:38	15.77	37	10:16	87	10:57	47.40	2:42:25	17.36	16	10:13	33	23:07
Bergwertung Enc	2.00	14:02	8.55	35	5:45	82	6:08	49.40	2:56:27	16.66	16	11:14	33	25:09
Trailwertung Anf	20.20	1:19:04	15.18	30	25:20	75	1:09:39	69.60	4:15:31	16.20	13	4:16	31	28:30
Trailwertung End	1.20	6:36	9.09	26	2:28	68	2:53	70.80	4:22:07	16.02	13	4:02	31	28:25
Runde	8.60	36:23	13.19	28	11:02	70	14:28	79.40	4:58:30	15.88	29	1:30:23	72	1:44:26