



14. Harzer MTB-Event

Altenau (Oberharz) / 12.05.2013

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Fries, Stephan

□□: Bodymed Cycle Raem

□□: 232

□□: 79.40 km

Marathon Mitteldistanz

□□□□:

Senioren

□□□: 5:05:55

□□: 15.49 km/h

□□□□□/□□□: 75 (of 128)

□□□□□/□: 73 (of 121)

□□□□□□: 3:14:04

□□□□□: 30(of 49)

□□□□□□□: 3:28:07

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Bergwertung Anf	7.70	18:05	23.23	24	3:22	69	3:44	7.70	18:05	23.23	22		6	2:54
Bergwertung Enc	2.00	10:21	11.59	32	2:43	82	3:37	9.70	28:26	18.99	22		114	4:44
Trailwertung Anf	20.20	1:03:17	18.96	28	13:03	72	15:22	29.90	1:31:43	18.97	21		109	11:20
Trailwertung End	1.20	5:03	11.88	27	1:24	71	1:56	31.10	1:36:46	19.22	21		108	12:14
Runde	8.80	28:09	17.05	23	5:26	63	7:36	39.90	2:04:55	18.73	20		103	1:09
Bergwertung Anf	7.50	21:29	19.55	26	5:07	62	5:48	47.40	2:26:24	19.26	17		32	7:06
Bergwertung Enc	2.00	12:13	9.82	29	3:56	72	4:19	49.40	2:38:37	18.54	17		32	7:19
Trailwertung Anf	20.20	1:11:41	16.74	23	17:57	59	1:02:16	69.60	3:50:18	17.98	14		30	3:17
Trailwertung End	1.20	5:49	10.32	23	1:41	59	2:06	70.80	3:56:07	17.79	14		30	2:25
Runde	8.60	1:09:48	6.88	33	44:27	80	47:53	79.40	5:05:55	15.49	30	1:37:48	73	1:51:51