



15. Allersheimer Mountainbike-Cup

Holzminden/ Neuhaus i.S. / 07.07.2013

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Bräuer, Frank

□□□: 4:45:30

□□: Lemgo

□□: 20.60 km/h

□□: 3

□□: 98.00 km

□□□□□/□□□: 9 (of 29)

Langdistanz

□□□□□/□: 9 (of 27)

□□□□□□: 3:58:50

□□□□:

□□□□□: 4(of 11)

Senioren I

□□□□□□□: 4:21:47

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Steinborn (VP1)	11.10	32:05	20.57	5	2:31	9	4:43	11.10	32:05	20.57	4	2:31	18	
Donnershagen (\	16.00	50:16	19.10	5	4:41	9	7:45	27.10	1:22:21	19.67	4	7:12	18	
Turm Silberborn	16.40	46:36	20.60	5	4:23	14	7:10	43.50	2:08:57	20.01	4	11:35	18	
Haus des Gastes	5.50	9:37	31.20	2	0:03	5	0:25	49.00	2:18:34	21.22	4	11:31	18	
Steinborn (VP1)	11.10	32:36	20.25	3	2:17	6	4:59	60.10	2:51:10	21.03	4	13:48	18	
Donnershagen (\	16.00	52:58	18.12	4	3:50	8	9:30	76.10	3:44:08	20.35	4	17:38	18	
Turm Silberborn	16.40	50:46	18.91	6	5:58	13	11:39	92.50	4:34:54	20.08	4	23:36	18	
□□	5.50	10:36	28.30	6	1:12	13	1:12	98.00	4:45:30	20.60	4	23:43	9	46:40