



14. Allersheimer MTB-Marathon
Holzminden/ Neuhaus i.S. / 01.07.2012

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Fuhrländer, Frank

□□□: 2:14:17

□□: Fahrradies Racing Team Essen

□□: 21.89 km/h

□□: 173

□□: 49.00 km

□□□□□/□□□: 28 (of 150)

Mitteldistanz

□□□□□/□: 27 (of 135)

□□□□□□: 1:53:08

□□□□:

□□□□□: 4(of 19)

Senioren II

□□□□□□□: 2:02:54

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Steinborn (VP1)	11.10	31:29	20.96	4	2:35	25	5:21	11.10	31:29	20.96	17		28	5:21
Donnershagen (\	16.00	48:54	19.63	4	3:57	29	8:04	27.10	1:20:23	20.15	17		28	13:25
Turm Silberborn	16.40	44:19	21.66	5	4:19	31	7:06	43.50	2:04:42	20.69	17		27	19:43
□□	5.50	9:35	31.30	3	0:32	22	1:26	49.00	2:14:17	21.89	4	11:23	27	21:09