



# 14. Allersheimer MTB-Marathon

Holzminden/ Neuhaus i.S. / 01.07.2012

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Helmer, Frank

□□□: 2:17:38

□□: Focus RAPIRO-Racing

□□: 21.36 km/h

□□: 310

□□: 49.00 km

□□□□□/□□□: 39 (of 150)

Mitteldistanz

□□□□□/□: 38 (of 135)

□□□□□□: 1:53:08

□□□□:

□□□□□: 6(of 19)

Senioren II

□□□□□□□: 2:02:54

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Steinborn (VP1)	11.10	33:02	19.98	6	4:08	43	6:54	11.10	33:02	19.98	15	-	37	6:54
Donnershagen (\	16.00	49:01	19.59	5	4:04	32	8:11	27.10	1:22:03	19.74	15	-	37	15:05
Turm Silberborn	16.40	45:44	20.99	6	5:44	45	8:31	43.50	2:07:47	20.19	15	-	36	22:48
□□	5.50	9:51	30.46	5	0:48	37	1:42	49.00	2:17:38	21.36	6	14:44	38	24:30