



14. Allersheimer MTB-Marathon

Holzminden/ Neuhaus i.S. / 01.07.2012

□□□□

Friedewald, Jürgen

□□□: 2:17:30

□□: Göttingen

□□: 21.38 km/h

□□: 169

□□: 49.00 km

□□□□□/□□□: 36 (of 150)

Mitteldistanz

□□□□□/□: 35 (of 135)

□□□□□□: 1:53:08

□□□□:

□□□□□: 4(of 12)

Herren

□□□□□□□: 1:54:01

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□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Steinborn (VP1) | 11.10 | 34:06 | 19.35 | 7 | 7:30 | 64 | 7:58 | 11.10 | 34:06 | 19.35 | 5 | 7:30 | 38 | 7:58 |
| Donnershagen (\ | 16.00 | 50:39 | 18.95 | 7 | 9:26 | 51 | 9:49 | 27.10 | 1:24:45 | 19.12 | 5 | 16:56 | 38 | 17:47 |
| Turm Silberborn | 16.40 | 43:02 | 22.31 | 4 | 5:49 | 21 | 5:49 | 43.50 | 2:07:47 | 20.19 | 4 | 22:45 | 36 | 22:48 |
| □□ | 5.50 | 9:43 | 30.87 | 4 | 0:44 | 29 | 1:34 | 49.00 | 2:17:30 | 21.38 | 4 | 23:29 | 35 | 24:22 |