



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

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Heiden, Claudia

□□□: 2:38:58

□□: MTB Verein Zierenberg

□□: 18.49 km/h

□□: 183

□□: 49.00 km

□□□□□/□□□: 106 (of 150)

Mitteldistanz

□□□□□/□: 9 (of 15)

□□□□□□: 2:11:12

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□□□□□: 1(of 5)

Seniorinnen I

□□□□□□□: 2:38:58

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Steinborn (VP1)	11.10	38:38	17.08	1	-	9	8:02	11.10	38:38	17.08	1	-	9	8:02
Donnershagen (\	16.00	57:34	16.68	1	-	9	9:44	27.10	1:36:12	16.84	1	-	9	17:46
Turm Silberborn	16.40	51:22	18.69	1	-	6	7:55	43.50	2:27:34	17.48	1	-	9	25:41
□□	5.50	11:24	26.32	2	0:24	11	2:05	49.00	2:38:58	18.49	1	-	9	27:46