



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

□□□□

Lampe, Jörg

□□□: 2:53:20

□□: Holzminden

□□: 16.96 km/h

□□: 217

□□: 49.00 km

□□□□□/□□□: 127 (of 150)

Mitteldistanz

□□□□□/□: 114 (of 135)

□□□□□□: 1:53:08

□□□□:

□□□□□: 17(of 19)

Senioren II

□□□□□□□: 2:02:54

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Steinborn (VP1) | 11.10 | 38:33 | 17.28 | 15 | 9:39 | 105 | 12:25 | 11.10 | 38:33 | 17.28 | 4 | 3:01 | 117 | 12:25 |
| Donnershagen (\ | 16.00 | 1:04:11 | 14.96 | 16 | 19:14 | 118 | 23:21 | 27.10 | 1:42:44 | 15.83 | 4 | 14:25 | 117 | 35:46 |
| Turm Silberborn | 16.40 | 59:07 | 16.65 | 17 | 19:07 | 114 | 21:54 | 43.50 | 2:41:51 | 16.13 | 4 | 26:43 | 115 | 56:52 |
| □□ | 5.50 | 11:29 | 28.74 | 17 | 2:26 | 108 | 3:20 | 49.00 | 2:53:20 | 16.96 | 17 | 50:26 | 114 | 1:00:12 |