



# 14. Allersheimer MTB-Marathon

Holzminden/ Neuhaus i.S. / 01.07.2012

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**Emmerik, Michael**

□□□: 4:17:43

□□: Mtb team Noord Holland

□□: 22.82 km/h

□□: 8

□□: 98.00 km

□□□□□/□□□: 9 (of 39)

Langdistanz

□□□□□/□: 9 (of 36)

□□□□□□: 3:53:51

□□□□:

□□□□□: 3(of 6)

Herren

□□□□□□□: 3:53:51

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Steinborn (VP1)	11.10	28:26	23.42	4	2:16	11	2:21	11.10	28:26	23.42	3	2:16	19	
Donnershagen (\	16.00	45:20	21.18	4	4:14	10	4:14	27.10	1:13:46	22.04	3	6:05	19	
Turm Silberborn	16.40	42:26	23.19	4	3:48	10	3:52	43.50	1:56:12	22.46	3	9:51	19	
Haus des Gastes	5.50	9:07	36.20	2	0:10	8	3:42	49.00	2:05:19	23.46	3	9:46	19	
Steinborn (VP1)	11.10	30:06	22.13	4	1:48	10	1:48	60.10	2:35:25	23.20	3	11:34	27	
Donnershagen (\	16.00	46:15	20.76	3	2:58	8	3:41	76.10	3:21:40	22.64	3	14:32	26	
Turm Silberborn	16.40	46:26	21.19	4	8:18	11	8:18	92.50	4:08:06	22.37	3	22:50	26	
□□	5.50	9:37	34.32	2	1:02	7	1:05	98.00	4:17:43	22.82	3	23:52	9	23:52