



14. Allersheimer MTB-Marathon

Holzminden/ Neuhaus i.S. / 01.07.2012

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Wenzel, Helmut

□□□: 4:41:13

□□: Fitness-Studio Wedemark

□□: 20.91 km/h

□□: 39

□□: 98.00 km

□□□□□/□□□: 14 (of 39)

Langdistanz

□□□□□/□: 14 (of 36)

□□□□□□: 3:53:51

□□□□:

□□□□□: 2(of 4)

Senioren II

□□□□□□□: 4:12:47

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Steinborn (VP1)	11.10	33:24	19.76	2	5:17	26	7:19	11.10	33:24	19.76	2	5:17	34	
Donnershagen (\	16.00	50:42	18.93	2	6:31	19	9:36	27.10	1:24:06	19.26	2	11:48	34	
Turm Silberborn	16.40	45:47	20.97	2	3:37	20	7:13	43.50	2:09:53	19.86	2	15:25	34	
Haus des Gastes	5.50	9:40	31.03	2	0:18	15	4:15	49.00	2:19:33	21.07	2	15:43	34	
Steinborn (VP1)	11.10	34:16	19.26	2	3:21	13	5:58	60.10	2:53:49	20.71	2	19:04	33	
Donnershagen (\	16.00	51:43	18.56	2	4:46	14	9:09	76.10	3:45:32	20.22	2	23:50	21	
Turm Silberborn	16.40	45:28	21.11	2	3:36	10	7:20	92.50	4:31:00	20.37	2	27:26	21	
□□	5.50	10:13	29.36	3	1:00	13	1:41	98.00	4:41:13	20.91	2	28:26	14	47:22