



14. Allersheimer MTB-Marathon

Holzminden/ Neuhaus i.S. / 01.07.2012

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Tiggelaar, Roald

□□: Het Twentse Ros
 □□: 30

□□: 98.00 km
 Langdistanz

□□□□:
 Masters männlich

□□□: 4:46:27

□□: 20.53 km/h

□□□□□/□□□: 19 (of 39)

□□□□□/□: 19 (of 36)

□□□□□□: 3:53:51

□□□□□: 9(of 17)

□□□□□□□: 3:54:09

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Steinborn (VP1)	11.10	31:44	20.80	9	5:39	18	5:39	11.10	31:44	20.80	9	0:04	3	
Donnershagen (\	16.00	50:24	19.05	9	8:51	17	9:18	27.10	1:22:08	19.72	9	0:05	3	
Turm Silberborn	16.40	44:02	21.80	6	5:28	13	5:28	43.50	2:06:10	20.45	9	0:01	3	
Haus des Gastes	5.50	9:46	30.72	8	1:10	16	4:21	49.00	2:15:56	21.63	1	-	2	
Steinborn (VP1)	11.10	36:00	18.33	11	7:34	23	7:42	60.10	2:51:56	20.94	9	28:10	3	
Donnershagen (\	16.00	54:42	17.55	6	12:08	17	12:08	76.10	3:46:38	20.12	9	39:30	3	
Turm Silberborn	16.40	49:53	19.24	8	11:24	20	11:45	92.50	4:36:31	19.96	9	50:54	3	
□□	5.50	9:56	30.20	5	1:24	10	1:24	98.00	4:46:27	20.53	9	52:18	19	52:36