



14. Allersheimer MTB-Marathon

Holzminden/ Neuhaus i.S. / 01.07.2012

0000

van Haaster, Henk

000: 4:54:02

00: ONYVA

00: 20.00 km/h

00: 32

00: 98.00 km

00000/000: 20 (of 39)

Langdistanz

00000/0: 20 (of 36)

000000: 3:53:51

0000:

00000: 3(of 4)

Senioren II

0000000: 4:12:47

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
Steinborn (VP1)	11.10	34:57	18.88	3	6:50	29	8:52	11.10	34:57	18.88	3	6:50	4	
Donnershagen (\	16.00	52:43	18.21	3	8:32	23	11:37	27.10	1:27:40	18.48	3	15:22	4	
Turm Silberborn	16.40	47:00	20.43	3	4:50	23	8:26	43.50	2:14:40	19.16	3	20:12	4	
Haus des Gastes	5.50	10:01	29.95	3	0:39	23	4:36	49.00	2:24:41	20.32	3	20:51	4	
Steinborn (VP1)	11.10	35:30	18.59	3	4:35	20	7:12	60.10	3:00:11	19.98	3	25:26	4	
Donnershagen (\	16.00	54:20	17.67	3	7:23	16	11:46	76.10	3:54:31	19.44	3	32:49	4	
Turm Silberborn	16.40	49:22	19.45	3	7:30	18	11:14	92.50	4:43:53	19.44	3	40:19	4	
00	5.50	10:09	29.56	2	0:56	12	1:37	98.00	4:54:02	20.00	3	41:15	20	1:00:11