



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

□□□□

van Haaster, Henk

□□□: 4:54:02

□□: ONYVA

□□: 20.00 km/h

□□: 32

□□: 98.00 km

□□□□□/□□□: 20 (of 39)

Langdistanz

□□□□□/□: 20 (of 36)

□□□□□□: 3:53:51

□□□□:

□□□□□: 3(of 4)

Senioren II

□□□□□□□: 4:12:47

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Steinborn (VP1)	11.10	34:57	19.06	3	6:50	29	8:52	11.10	34:57	19.06	3	6:50	4	
Donnershagen (\	16.00	52:43	18.21	3	8:32	23	11:37	27.10	1:27:40	18.55	3	15:22	4	
Turm Silberborn	16.40	47:00	20.94	3	4:50	23	8:26	43.50	2:14:40	19.38	3	20:12	4	
Haus des Gastes	5.50	10:01	32.95	3	0:39	23	4:36	49.00	2:24:41	20.32	3	20:51	4	
Steinborn (VP1)	11.10	35:30	18.76	3	4:35	20	7:12	60.10	3:00:11	20.01	3	25:26	4	
Donnershagen (\	16.00	54:20	17.67	3	7:23	16	11:46	76.10	3:54:31	19.47	3	32:49	4	
Turm Silberborn	16.40	49:22	19.93	3	7:30	18	11:14	92.50	4:43:53	19.55	3	40:19	4	
□□	5.50	10:09	32.51	2	0:56	12	1:37	98.00	4:54:02	20.00	3	41:15	20	1:00:11