



14. Allersheimer MTB-Marathon

Holzminden/ Neuhaus i.S. / 01.07.2012

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Van Haaster, Nienke

□□□: 4:55:40

□□: Mtb team noord Holland

□□: 19.89 km/h

□□: 31

□□: 98.00 km

□□□□□/□□□: 21 (of 39)

Langdistanz

□□□□□/□: 1 (of 3)

□□□□□□: 4:55:40

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□□□□□: 1(of 1)

Damen

□□□□□□□: 4:55:40

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Steinborn (VP1)	11.10	34:38	19.06	1	-	3	2:17	11.10	34:38	19.06	1	-	1	-
Donnershagen (\	16.00	55:27	17.31	1	-	3	3:28	27.10	1:30:05	17.98	1	-	1	-
Turm Silberborn	16.40	47:15	20.32	1	-	1	-	43.50	2:17:20	18.79	1	-	1	-
Haus des Gastes	5.50	10:18	29.13	1	-	2	0:01	49.00	2:27:38	19.91	1	-	1	-
Steinborn (VP1)	11.10	35:44	18.47	1	-	1	-	60.10	3:03:22	19.63	1	-	1	-
Donnershagen (\	16.00	53:18	18.01	1	-	1	-	76.10	3:56:40	19.27	1	-	1	-
Turm Silberborn	16.40	48:05	19.97	1	-	1	-	92.50	4:44:45	19.39	1	-	1	-
□□	5.50	10:55	27.48	1	-	1	-	98.00	4:55:40	19.89	1	-	1	-