



# 14. Allersheimer MTB-Marathon

Holzminden/ Neuhaus i.S. / 01.07.2012

0000

**Bräuer, Frank**

000: 5:02:08

00: Lemgo

00: 19.46 km/h

00: 1

00: 98.00 km

00000/000: 24 (of 39)

Langdistanz

00000/0: 22 (of 36)

000000: 3:53:51

0000:

00000: 4(of 8)

Senioren I

0000000: 4:05:44

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	32:48	20.12	3	5:29	19	6:43	11.10	32:48	20.12	4	5:29	7	
Donnershagen (\	16.00	53:09	18.06	4	10:06	24	12:03	27.10	1:25:57	18.85	4	15:35	7	
Turm Silberborn	16.40	46:59	20.43	4	7:10	22	8:25	43.50	2:12:56	19.41	4	22:45	7	
Haus des Gastes	5.50	10:20	29.03	5	4:55	28	4:55	49.00	2:23:16	20.52	4	24:25	7	
Steinborn (VP1)	11.10	36:30	18.08	4	7:31	24	8:12	60.10	2:59:46	20.03	4	31:56	7	
Donnershagen (\	16.00	59:12	16.22	6	13:44	26	16:38	76.10	3:58:58	19.08	4	45:40	7	
Turm Silberborn	16.40	52:28	18.30	5	9:49	25	14:20	92.50	4:51:26	18.94	4	55:29	7	
00	5.50	10:42	28.04	5	0:55	19	2:10	98.00	5:02:08	19.46	4	56:24	22	1:08:17