



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

0000

Zwiep, Frank

000: 5:17:23

00: Het Twentse Ros

00: 18.53 km/h

00: 40

00: 98.00 km

00000/000: 31 (of 39)

Langdistanz

00000/0: 28 (of 36)

000000: 3:53:51

0000:

00000: 7(of 8)

Senioren I

0000000: 4:05:44

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| 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 | 35:00 | 18.86 | 6 | 7:41 | 30 | 8:55 | 11.10 | 35:00 | 18.86 | 7 | 7:41 | 12 | |
| Donnershagen (\ | 16.00 | 59:37 | 16.10 | 7 | 16:34 | 32 | 18:31 | 27.10 | 1:34:37 | 17.12 | 7 | 24:15 | 12 | 0:22 |
| Turm Silberborn | 16.40 | 49:13 | 19.51 | 7 | 9:24 | 29 | 10:39 | 43.50 | 2:23:50 | 17.94 | 7 | 33:39 | 12 | 0:23 |
| Haus des Gastes | 5.50 | 10:29 | 28.62 | 7 | 5:04 | 31 | 5:04 | 49.00 | 2:34:19 | 19.05 | 7 | 35:28 | 12 | 0:25 |
| Steinborn (VP1) | 11.10 | 37:36 | 17.55 | 5 | 8:37 | 25 | 9:18 | 60.10 | 3:11:55 | 18.76 | 7 | 44:05 | 12 | |
| Donnershagen (\ | 16.00 | 59:16 | 16.20 | 7 | 13:48 | 27 | 16:42 | 76.10 | 4:11:11 | 18.15 | 7 | 57:53 | 12 | 0:09 |
| Turm Silberborn | 16.40 | 54:45 | 17.53 | 7 | 12:06 | 29 | 16:37 | 92.50 | 5:05:56 | 18.04 | 7 | 1:09:59 | 12 | 0:18 |
| 00 | 5.50 | 11:27 | 26.20 | 7 | 1:40 | 28 | 2:55 | 98.00 | 5:17:23 | 18.53 | 7 | 1:11:39 | 28 | 1:23:32 |