



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

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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

0000

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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	19.03	6	7:41	30	8:55	11.10	35:00	19.03	7	7:41	12	
Donnershagen (\	16.00	59:37	16.10	7	16:34	32	18:31	27.10	1:34:37	17.19	7	24:15	12	0:22
Turm Silberborn	16.40	49:13	19.99	7	9:24	29	10:39	43.50	2:23:50	18.15	7	33:39	12	0:23
Haus des Gastes	5.50	10:29	31.48	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	17.71	5	8:37	25	9:18	60.10	3:11:55	18.79	7	44:05	12	
Donnershagen (\	16.00	59:16	16.20	7	13:48	27	16:42	76.10	4:11:11	18.18	7	57:53	12	0:09
Turm Silberborn	16.40	54:45	17.97	7	12:06	29	16:37	92.50	5:05:56	18.14	7	1:09:59	12	0:18
00	5.50	11:27	28.82	7	1:40	28	2:55	98.00	5:17:23	18.53	7	1:11:39	28	1:23:32