



14. Allersheimer MTB-Marathon

Holzminden/ Neuhaus i.S. / 01.07.2012

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Lenderink, Ronn

□□: Het Twentse Ros

□□: 18

□□: 98.00 km

Langdistanz

□□□□:

Senioren I

□□□: 5:26:41

□□: 18.00 km/h

□□□□□/□□□: 33 (of 39)

□□□□□/□: 30 (of 36)

□□□□□□: 3:53:51

□□□□□: 8(of 8)

□□□□□□□: 4:05:44

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Steinborn (VP1)	11.10	36:00	18.33	7	8:41	31	9:55	11.10	36:00	18.33	8	8:41	15	
Donnershagen (\	16.00	58:07	16.52	6	15:04	31	17:01	27.10	1:34:07	17.21	8	23:45	15	
Turm Silberborn	16.40	51:52	18.51	8	12:03	33	13:18	43.50	2:25:59	17.67	8	35:48	15	2:32
Haus des Gastes	5.50	10:50	27.69	8	5:25	33	5:25	49.00	2:36:49	18.75	8	37:58	15	2:55
Steinborn (VP1)	11.10	39:47	16.59	7	10:48	30	11:29	60.10	3:16:36	18.31	8	48:46	15	3:34
Donnershagen (\	16.00	1:01:05	15.72	8	15:37	28	18:31	76.10	4:17:41	17.70	8	1:04:23	14	6:39
Turm Silberborn	16.40	56:58	16.85	8	14:19	31	18:50	92.50	5:14:39	17.54	8	1:18:42	14	9:01
□□	5.50	12:02	24.93	8	2:15	29	3:30	98.00	5:26:41	18.00	8	1:20:57	30	1:32:50