



14. Allersheimer MTB-Marathon

Holzminden/ Neuhaus i.S. / 01.07.2012

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ter Laak, Tim

□□: Het Twentse Ros

□□: 29

□□: 98.00 km

Langdistanz

□□□□:

Masters männlich

□□□: 5:34:03

□□: 17.60 km/h

□□□□□/□□□: 34 (of 39)

□□□□□/□: 31 (of 36)

□□□□□□: 3:53:51

□□□□□: 14(of 17)

□□□□□□□: 3:54:09

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Steinborn (VP1)	11.10	36:23	18.14	15	10:18	32	10:18	11.10	36:23	18.14	4	4:43	16	
Donnershagen (\	16.00	57:31	16.69	15	15:58	29	16:25	27.10	1:33:54	17.25	4	11:51	16	
Turm Silberborn	16.40	51:49	18.53	15	13:15	32	13:15	43.50	2:25:43	17.71	4	19:34	16	2:16
Haus des Gastes	5.50	10:30	28.57	16	1:54	32	5:05	49.00	2:36:13	18.82	4	20:17	16	2:19
Steinborn (VP1)	11.10	39:55	16.53	14	11:29	31	11:37	60.10	3:16:08	18.35	14	52:22	16	3:06
Donnershagen (\	16.00	1:04:22	14.91	14	21:48	31	21:48	76.10	4:20:30	17.50	14	1:13:22	15	9:28
Turm Silberborn	16.40	1:01:27	15.62	15	22:58	32	23:19	92.50	5:21:57	17.15	14	1:36:20	15	16:19
□□	5.50	12:06	24.79	15	3:34	31	3:34	98.00	5:34:03	17.60	14	1:39:54	31	1:40:12