



15. Allersheimer Mountainbike-Cup

Holzminden/ Neuhaus i.S. / 07.07.2013

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Vockenroth, Bernd

□□□: 4:21:47

□□: RC Endspurt Herford

□□: 22.46 km/h

□□: 18

□□: 98.00 km

□□□□□/□□□: 3 (of 29)

Langdistanz

□□□□□/□: 2 (of 27)

□□□□□□: 3:58:50

□□□□:

□□□□□: 1(of 11)

Senioren I

□□□□□□□: 4:21:47

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Steinborn (VP1)	11.10	29:34	22.32	1	-	2	2:12	11.10	29:34	22.32	1	-	24	
Donnershagen (\	16.00	45:35	21.06	1	-	3	3:04	27.10	1:15:09	21.56	1	-	24	
Turm Silberborn	16.40	42:13	22.74	1	-	2	2:47	43.50	1:57:22	21.98	1	-	24	
Haus des Gastes	5.50	9:41	30.98	3	0:07	7	0:29	49.00	2:07:03	23.14	1	-	24	
Steinborn (VP1)	11.10	30:19	21.77	1	-	2	2:42	60.10	2:37:22	22.88	1	-	24	
Donnershagen (\	16.00	49:08	19.54	1	-	3	5:40	76.10	3:26:30	22.08	1	-	24	
Turm Silberborn	16.40	44:48	21.43	1	-	2	5:41	92.50	4:11:18	21.97	1	-	24	
□□	5.50	10:29	28.62	5	1:05	10	1:05	98.00	4:21:47	22.46	1	-	2	22:57