



15. Allersheimer Mountainbike-Cup

Holzminden/ Neuhaus i.S. / 07.07.2013

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Spieker, Stefan

□□□: 4:34:49

□□: Boffzen

□□: 21.40 km/h

□□: 31

□□: 98.00 km

□□□□□/□□□: 5 (of 29)

Langdistanz

□□□□□/□: 5 (of 27)

□□□□□□: 3:58:50

□□□□:

□□□□□: 2(of 11)

Masters männlich

□□□□□□□: 4:21:47

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Steinborn (VP1)	11.10	30:52	21.38	2	1:17	4	3:30	11.10	30:52	21.38	4			22
Donnershagen (\	16.00	46:26	20.67	2	0:53	4	3:55	27.10	1:17:18	20.96	4			22
Turm Silberborn	16.40	42:49	22.42	2	0:36	4	3:23	43.50	2:00:07	21.48	4			22
Haus des Gastes	5.50	9:12	32.61	1	-	1	-	49.00	2:09:19	22.73	2	2:18		22
Steinborn (VP1)	11.10	32:23	20.38	2	2:01	5	4:46	60.10	2:41:42	22.26	2	4:19		22
Donnershagen (\	16.00	53:02	18.10	4	3:57	9	9:34	76.10	3:34:44	21.24	2	8:16		22
Turm Silberborn	16.40	49:32	19.38	5	4:40	10	10:25	92.50	4:24:16	20.89	2	12:56		22
□□	5.50	10:33	28.44	5	0:41	11	1:09	98.00	4:34:49	21.40	2	13:02	5	35:59