



15. Allersheimer Mountainbike-Cup

Holzminden/ Neuhaus i.S. / 07.07.2013

□□□□

Schierloh, Stefan

□□□: 5:03:00

□□: TEAM Depenbrock

□□: 19.41 km/h

□□: 25

□□: 98.00 km

□□□□□/□□□: 15 (of 29)

Langdistanz

□□□□□/□: 15 (of 27)

□□□□□□: 3:58:50

□□□□:

□□□□□: 6(of 11)

Senioren I

□□□□□□□: 4:21:47

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Steinborn (VP1)	11.10	34:59	18.87	6	5:25	15	7:37	11.10	34:59	18.87	6	5:25	12	1:14
Donnershagen (\	16.00	55:17	17.37	7	9:42	17	12:46	27.10	1:30:16	17.95	6	15:07	12	5:51
Turm Silberborn	16.40	46:31	20.64	4	4:18	13	7:05	43.50	2:16:47	18.86	6	19:25	12	7:48
Haus des Gastes	5.50	10:30	28.57	6	0:56	15	1:18	49.00	2:27:17	19.96	6	20:14	12	5:15
Steinborn (VP1)	11.10	37:39	17.53	6	7:20	16	10:02	60.10	3:04:56	19.47	6	27:34	12	8:29
Donnershagen (\	16.00	57:19	16.75	6	8:11	14	13:51	76.10	4:02:15	18.82	6	35:45	12	11:27
Turm Silberborn	16.40	49:51	19.26	5	5:03	11	10:44	92.50	4:52:06	18.90	6	40:48	12	8:42
□□	5.50	10:54	27.52	8	1:30	16	1:30	98.00	5:03:00	19.41	6	41:13	15	1:04:10