



15. Allersheimer Mountainbike-Cup

Holzminden/ Neuhaus i.S. / 07.07.2013

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krug, carsten

□□□: 5:23:16

□□: sv luhden

□□: 18.19 km/h

□□: 13

□□: 98.00 km

□□□□□/□□□: 18 (of 29)

Langdistanz

□□□□□/□: 17 (of 27)

□□□□□□: 3:58:50

□□□□:

□□□□□: 1(of 2)

Senioren II

□□□□□□: 5:23:16

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Steinborn (VP1)	11.10	39:05	16.89	2	3:25	21	11:43	11.10	39:05	16.89	1	-	10	5:20
Donnershagen (\	16.00	59:02	16.26	2	0:32	21	16:31	27.10	1:38:07	16.51	1	-	10	13:42
Turm Silberborn	16.40	51:02	18.81	1	-	19	11:36	43.50	2:29:09	17.30	1	-	10	20:10
Haus des Gastes	5.50	11:37	25.82	2	0:12	23	2:25	49.00	2:40:46	18.29	1	-	10	18:44
Steinborn (VP1)	11.10	37:11	17.75	1	-	15	9:34	60.10	3:17:57	18.19	1	-	10	21:30
Donnershagen (\	16.00	59:08	16.23	1	-	16	15:40	76.10	4:17:05	17.74	1	-	10	26:17
Turm Silberborn	16.40	54:39	17.57	1	-	17	15:32	92.50	5:11:44	17.71	1	-	10	28:20
□□	5.50	11:32	26.01	1	-	22	2:08	98.00	5:23:16	18.19	1	-	17	1:24:26