



15. Allersheimer Mountainbike-Cup

Holzminden/ Neuhaus i.S. / 07.07.2013

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Ruffert, Martin

□□□: 5:28:23

□□: Bike Team Baumberge

□□: 17.91 km/h

□□: 26

□□: 98.00 km

□□□□□/□□□: 19 (of 29)

Langdistanz

□□□□□/□: 18 (of 27)

□□□□□□: 3:58:50

□□□□:

□□□□□: 2(of 2)

Senioren II

□□□□□□□: 5:23:16

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Steinborn (VP1)	11.10	35:40	18.50	1	-	17	8:18	11.10	35:40	18.50	2		9	1:55
Donnershagen (\	16.00	58:30	16.41	1	-	20	15:59	27.10	1:34:10	17.20	2		9	9:45
Turm Silberborn	16.40	52:01	18.46	2	0:59	21	12:35	43.50	2:26:11	17.65	2		9	17:12
Haus des Gastes	5.50	11:25	26.28	1	-	22	2:13	49.00	2:37:36	18.65	2		9	15:34
Steinborn (VP1)	11.10	40:34	16.27	2	3:23	18	12:57	60.10	3:18:10	18.17	2	0:13	9	21:43
Donnershagen (\	16.00	1:03:42	15.07	2	4:34	17	20:14	76.10	4:21:52	17.41	2	4:47	9	31:04
Turm Silberborn	16.40	54:57	17.47	2	0:18	18	15:50	92.50	5:16:49	17.42	2	5:05	9	33:25
□□	5.50	11:34	25.94	2	0:02	23	2:10	98.00	5:28:23	17.91	2	5:07	18	1:29:33