



# 15. Allersheimer Mountainbike-Cup

Holzminden/ Neuhaus i.S. / 07.07.2013

□□□□

**Bentmann, Arnd**

□□□: 5:30:18

□□: Team Schauinsland Bad Meinberg

□□: 17.80 km/h

□□: 2

□□: 98.00 km

□□□□□/□□□: 20 (of 29)

Langdistanz

□□□□□/□: 19 (of 27)

□□□□□□: 3:58:50

□□□□:

□□□□□: 7(of 11)

Masters männlich

□□□□□□□: 4:21:47

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Steinborn (VP1)	11.10	36:12	18.40	7	6:37	19	8:50	11.10	36:12	18.40	9		8	2:27
Donnershagen (\	16.00	54:51	17.50	7	9:18	16	12:20	27.10	1:31:03	17.86	9		8	6:38
Turm Silberborn	16.40	50:12	19.60	7	7:59	17	10:46	43.50	2:21:15	18.48	9		8	12:16
Haus des Gastes	5.50	11:11	29.51	7	1:59	20	1:59	49.00	2:32:26	19.29	7	25:25	8	10:24
Steinborn (VP1)	11.10	40:55	16.28	7	10:33	19	13:18	60.10	3:13:21	18.65	7	35:58	8	16:54
Donnershagen (\	16.00	1:06:03	14.53	7	16:58	20	22:35	76.10	4:19:24	17.60	7	52:56	8	28:36
Turm Silberborn	16.40	59:40	16.49	8	14:48	22	20:33	92.50	5:19:04	17.39	7	1:07:44	8	35:40
□□	5.50	11:14	29.38	8	1:22	20	1:50	98.00	5:30:18	17.80	7	1:08:31	19	1:31:28