



15. Allersheimer Mountainbike-Cup

Holzminden/ Neuhaus i.S. / 07.07.2013

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Rolke, Jörn

□□□: 5:43:39

□□: Burgwedel

□□: 17.11 km/h

□□: 28

□□: 98.00 km

□□□□□/□□□: 21 (of 29)

Langdistanz

□□□□□/□: 20 (of 27)

□□□□□□: 3:58:50

□□□□:

□□□□□: 8(of 11)

Senioren I

□□□□□□□: 4:21:47

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Steinborn (VP1)	11.10	42:56	15.37	11	13:22	27	15:34	11.10	42:56	15.37	8	13:22	7	9:11
Donnershagen (\	16.00	1:03:24	15.14	10	17:49	24	20:53	27.10	1:46:20	15.24	8	31:11	7	21:55
Turm Silberborn	16.40	52:20	18.34	9	10:07	22	12:54	43.50	2:38:40	16.26	8	41:18	7	29:41
Haus des Gastes	5.50	10:44	27.95	7	1:10	16	1:32	49.00	2:49:24	17.36	8	42:21	7	27:22
Steinborn (VP1)	11.10	43:20	15.23	10	13:01	23	15:43	60.10	3:32:44	16.92	8	55:22	7	36:17
Donnershagen (\	16.00	1:06:36	14.41	9	17:28	21	23:08	76.10	4:39:20	16.32	8	1:12:50	7	48:32
Turm Silberborn	16.40	53:33	17.93	7	8:45	16	14:26	92.50	5:32:53	16.58	8	1:21:35	7	49:29
□□	5.50	10:46	27.86	7	1:22	15	1:22	98.00	5:43:39	17.11	8	1:21:52	20	1:44:49