



16. Allersheimer MTB Cup
Holzminden/ Neuhaus i.S. / 06.07.2014

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Luig, Heiko

□□□: 2:55:11

□□: Bad Harzburger Mineralbrunnen

□□: 16.78 km/h

□□: 211

□□: 49.00 km

□□□□□/□□□: 105 (of 137)

Mitteldistanz

□□□□□/□: 101 (of 129)

□□□□□□: 1:51:58

□□□□:

□□□□□: 40(of 52)

Senioren I

□□□□□□□: 2:04:08

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Steinborn (VP1)	11.10	40:03	16.63	45	9:55	104	13:41	11.10	40:03	16.63	17	1:19	105	7:23
Donnershagen (\	16.00	1:02:22	15.39	41	18:17	99	23:22	27.10	1:42:25	15.88	16	4:22	102	37:01
Turm Silberborn	16.40	1:00:17	16.32	41	19:40	100	23:01	43.50	2:42:42	16.04	16	5:55	101	1:00:02
□□	5.50	12:29	26.44	43	3:17	102	3:18	49.00	2:55:11	16.78	40	51:03	101	1:03:13