



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

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Zeiseweis, Ralf

□□□: 4:59:35

□□: RSV Bruchhausen-Vilsen

□□: 19.63 km/h

□□: 24

□□: 98.00 km

□□□□□/□□□: 12 (of 26)

Langdistanz

□□□□□/□: 11 (of 24)

□□□□□□: 4:02:29

□□□□:

□□□□□: 1(of 5)

Senioren II

□□□□□□□: 4:59:35

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Steinborn (VP1)	11.10	35:07	18.97	1	-	13	5:27	11.10	35:07	18.97	2	-	12	-
Donnershagen (\	16.00	51:59	18.47	1	-	14	10:19	27.10	1:27:06	18.67	2	-	12	-
Turm Silberborn	16.40	47:43	20.62	1	-	15	9:21	43.50	2:14:49	19.36	2	-	12	0:08
Haus des Gastes	5.50	10:56	30.18	1	-	14	1:30	49.00	2:25:45	20.17	2	-	1	-
Steinborn (VP1)	11.10	37:28	17.78	1	-	13	7:40	60.10	3:03:13	19.68	1	-	1	-
Donnershagen (\	16.00	53:28	17.96	1	-	8	10:02	76.10	3:56:41	19.29	1	-	1	-
Turm Silberborn	16.40	50:24	19.52	1	-	10	9:46	92.50	4:47:05	19.33	1	-	1	-
□□	5.50	12:30	26.40	2	1:01	17	3:02	98.00	4:59:35	19.63	1	-	11	57:06