



16. Allersheimer MTB Cup

Holzminden/ Neuhaus i.S. / 06.07.2014

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Frank, Tobias

□□□: 5:42:06

□□: RSV Hochsolling

□□: 17.19 km/h

□□: 28

□□: 98.00 km

□□□□□/□□□: 19 (of 26)

Langdistanz

□□□□□/□: 17 (of 24)

□□□□□□: 4:02:29

□□□□:

□□□□□: 3(of 5)

Senioren II

□□□□□□□: 4:59:35

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Steinborn (VP1)	11.10	40:20	16.36	4	5:13	20	10:40	11.10	40:20	16.36	5		5	4:39
Donnershagen (\	16.00	58:44	16.35	5	6:45	21	17:04	27.10	1:39:04	16.35	5	0:24	5	10:43
Turm Silberborn	16.40	53:40	17.89	4	5:57	20	15:18	43.50	2:32:44	16.89	5		5	18:03
Haus des Gastes	5.50	11:34	25.94	3	0:38	17	2:08	49.00	2:44:18	17.89	5		5	18:33
Steinborn (VP1)	11.10	41:14	16.01	3	3:46	16	11:26	60.10	3:25:32	17.52	4	22:19	5	22:19
Donnershagen (\	16.00	1:03:20	15.16	4	9:52	17	19:54	76.10	4:28:52	16.96	4	32:11	5	32:11
Turm Silberborn	16.40	1:00:10	15.96	3	9:46	16	19:32	92.50	5:29:02	16.78	3	41:57	5	41:57
□□	5.50	13:04	22.96	3	1:35	19	3:36	98.00	5:42:06	17.19	3	42:31	17	1:39:37