



# 10. SKS Bilstein Bike Marathon/ Hessische MTB-Meisterschaften XCM

Großalmerode / 30.06.2013

## Detailed evaluation

**Frank, Heinz**

Club: SF 03 Romrod  
Number: 2058

Course: 84.40 km  
Marathonstrecke mittel

Category:  
Masters 3

Total time: 4:26:38

Speed: 18.99 km/h

Rank in course/Total: 31 (of 78)

Rank in course/Men: 30 (of 72)

Best time in course: 3:21:41

Rank in category: 5(of 12)

Best time in the category: 3:56:04

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Vielarmiger Weg	20.20	1:03:23	19.12	3	3:55	30	14:22	20.20	1:03:23	19.12	6		18	
Roßbach	4.80	13:51	20.79	3	1:09	31	2:16	25.00	1:17:14	19.42	6		18	
Bilsteinturm	8.20	30:37	16.07	2	1:21	25	6:26	33.20	1:47:51	18.47	6		18	
Runde	9.00	26:31	20.36	12	13:02	71	14:02	42.20	2:14:22	18.84	6		18	0:38
Vielarmiger Weg	20.20	1:06:30	18.23	2	2:58	24	23:23	62.40	3:20:52	18.64	5	22:25	64	
Roßbach	4.80	14:59	19.22	5	1:43	29	2:53	67.20	3:35:51	18.68	4	24:08	61	
Bilsteinturm	8.20	35:04	14.03	4	3:48	28	9:39	75.40	4:10:55	18.03	5	27:56	62	
Finish	9.00	15:43	34.36	8	2:38	45	3:25	84.40	4:26:38	18.99	5	30:34	30	1:04:57