



7. Bilstein Bike Marathon

Großalmerode / 19.09.2010

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Buchholz, Volker

□□□: 2:53:12

□□: Hochschule OWL

□□: 18.71 km/h

□□: 238

□□: 54.00 km

□□□□□/□□□: 37 (of 200)

Marathonstrecke

□□□□□/□: 35 (of 190)

□□□□□□: 2:06:40

□□□□:

□□□□□: 1(of 22)

Master 2

□□□□□□□: 2:53:12

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	18.00	1:00:20	17.90	1	-	39	14:51	18.00	1:00:20	17.90	12	-	36	14:47
Bilstein	21.00	1:09:48	18.05	1	-	40	19:46	39.00	2:10:08	17.98	12	-	35	34:33
Thomasmühle	7.00	15:42	26.75	3	1:03	59	3:48	46.00	2:25:50	18.93	12	-	35	38:21
□□	8.00	27:22	17.54	1	-	33	8:11	54.00	2:53:12	18.71	1	-	36	46:32