



7. Bilstein Bike Marathon

Großalmerode / 19.09.2010

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Kellner, Christoph

□□: Naturkost Elkershausen

□□: 30

□□: 54.00 km

Marathonstrecke

□□□□:

Master 1

□□□: 3:05:44

□□: 17.44 km/h

□□□□□/□□□: 75 (of 200)

□□□□□/□: 71 (of 190)

□□□□□□: 2:06:40

□□□□□: 28(of 80)

□□□□□□□: 2:28:52

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	18.00	1:03:26	17.03	21	11:29	60	17:57	18.00	1:03:26	17.03	74		71	17:53
Bilstein	21.00	1:16:53	16.39	32	18:24	87	26:51	39.00	2:20:19	16.68	74		70	44:44
Thomasmühle	7.00	16:32	25.40	34	2:26	87	4:38	46.00	2:36:51	17.60	74		70	49:22
□□	8.00	28:53	16.62	15	5:52	46	9:42	54.00	3:05:44	17.44	29	36:52	72	59:04