



# 7. Bilstein Bike Marathon

Großalmerode / 19.09.2010

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Heß, Norbert

□□: Tankbau-Schneider MTB-Team

□□: 84

□□: 54.00 km

Marathonstrecke

□□□□:

Master 1

□□□: 3:08:58

□□: 17.15 km/h

□□□□□/□□□: 84 (of 200)

□□□□□/□: 80 (of 190)

□□□□□□: 2:06:40

□□□□□: 30(of 80)

□□□□□□□: 2:28:52

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□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Vielarmiger Weg | 18.00    | 1:06:21  | 16.28      | 28      | 14:24   | 77      | 20:52   | 18.00 | 1:06:21 | 16.28 | 72      | -       | 80      | 20:48   |
| Bilstein        | 21.00    | 1:17:01  | 16.36      | 33      | 18:32   | 89      | 26:59   | 39.00 | 2:23:22 | 16.32 | 72      | -       | 79      | 47:47   |
| Thomasmühle     | 7.00     | 15:54    | 26.42      | 24      | 1:48    | 65      | 4:00    | 46.00 | 2:39:16 | 17.33 | 72      | -       | 79      | 51:47   |
| □□              | 8.00     | 29:42    | 16.16      | 23      | 6:41    | 61      | 10:31   | 54.00 | 3:08:58 | 17.15 | 31      | 40:06   | 81      | 1:02:18 |