



7. Bilstein Bike Marathon

Großalmerode / 19.09.2010

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Claus, Bernd

□□: Team AKE

□□: 161

□□: 54.00 km

Marathonstrecke

□□□□:

Master 2

□□□: 3:10:56

□□: 16.97 km/h

□□□□□/□□□: 91 (of 200)

□□□□□/□: 87 (of 190)

□□□□□□: 2:06:40

□□□□□: 6(of 22)

□□□□□□□: 2:53:12

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	18.00	1:06:53	16.15	4	6:33	82	21:24	18.00	1:06:53	16.15	18		87	21:20
Bilstein	21.00	1:17:25	16.28	7	7:37	91	27:23	39.00	2:24:18	16.22	18		86	48:43
Thomasmühle	7.00	16:29	25.48	7	1:50	84	4:35	46.00	2:40:47	17.17	18		86	53:18
□□	8.00	30:09	15.92	5	2:47	67	10:58	54.00	3:10:56	16.97	6	17:44	88	1:04:16