



7. Bilstein Bike Marathon

Großalmerode / 19.09.2010

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Linnenkohl, Uwe

□□: Eichenberg

□□: 204

□□: 54.00 km

Marathonstrecke

□□□□:

Master 1

□□□: 3:14:30

□□: 16.66 km/h

□□□□□/□□□: 95 (of 200)

□□□□□/□: 90 (of 190)

□□□□□□: 2:06:40

□□□□□: 34(of 80)

□□□□□□□: 2:28:52

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	18.00	1:09:38	15.51	37	17:41	104	24:09	18.00	1:09:38	15.51	68		90	24:05
Bilstein	21.00	1:15:52	16.61	31	17:23	83	25:50	39.00	2:25:30	16.08	68		89	49:55
Thomasmühle	7.00	16:50	24.95	37	2:44	97	4:56	46.00	2:42:20	17.00	68		89	54:51
□□	8.00	32:10	14.92	31	9:09	86	12:59	54.00	3:14:30	16.66	35	45:38	91	1:07:50