



7. Bilstein Bike Marathon

Großalmerode / 19.09.2010

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Biewald, Adam

□□□: 5:25:13

□□: Team AKE , Velo Mangold

□□: 19.93 km/h

□□: 1003

□□: 108.00 km

□□□□□/□□□: 11 (of 29)

Marathonstrecke lang

□□□□□/□: 11 (of 27)

□□□□□□: 4:32:47

□□□□:

□□□□□: 2(of 9)

Master 1

□□□□□□□: 4:36:29

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	18.00	59:03	18.29	5	9:52	19	10:09	18.00	59:03	18.29	4		13	1:54
Bilstein	21.00	58:52	21.40	2	5:10	10	6:15	39.00	1:57:55	19.84	4		13	
Thomasmühle	7.00	13:40	30.73	2	0:39	9	0:43	46.00	2:11:35	20.98	4		13	
□□ 1	8.00	23:58	20.03	2	3:28	10	3:39	54.00	2:35:33	20.83	3		1	-
□□□ Vielarmiger	18.00	1:00:14	17.93	2	9:55	11	9:55	72.00	3:35:47	20.02	3		1	-
Bilstein	21.00	1:07:27	18.68	2	12:30	11	15:35	93.00	4:43:14	19.70	2	41:34	13	
Thomasmühle	7.00	14:39	28.67	2	1:05	8	1:40	100.00	4:57:53	20.14	2	42:39	13	
□□	8.00	27:20	17.56	3	6:05	13	6:30	108.00	5:25:13	19.93	4	1:51:12	15	3:38:36