



# 7. Bilstein Bike Marathon

Großalmerode / 19.09.2010

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Nebel, Christian

□□: Biketeam Stenger

□□: 1019

□□: 108.00 km

Marathonstrecke lang

□□□□:

Elite männlich (Marathon lang)

□□□: 5:32:52

□□: 19.47 km/h

□□□□□/□□□: 13 (of 29)

□□□□□/□: 13 (of 27)

□□□□□□: 4:32:47

□□□□□: 3(of 5)

□□□□□□□: 4:57:36

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	18.00	54:03	19.98	3	5:05	10	5:09	18.00	54:03	19.98	4		11	
Bilstein	21.00	1:00:17	20.90	3	6:36	11	7:40	39.00	1:54:20	20.47	4		11	
Thomasmühle	7.00	14:01	29.96	3	0:43	12	1:04	46.00	2:08:21	21.50	4		11	
□□ 1	8.00	24:25	19.66	3	4:00	12	4:06	54.00	2:32:46	21.21	3	16:24	11	
□□□ Vielarmiger	18.00	1:02:29	17.28	3	6:17	12	12:10	72.00	3:35:15	20.07	3	21:28	11	
Bilstein	21.00	1:12:06	17.48	3	9:28	13	20:14	93.00	4:47:21	19.42	3	28:21	11	
Thomasmühle	7.00	14:57	28.09	3	1:00	11	1:58	100.00	5:02:18	19.85	3	28:32	11	
□□	8.00	30:34	15.70	5	8:33	19	9:44	108.00	5:32:52	19.47	4	2:48:53	17	3:46:15