



7. Bilstein Bike Marathon

Großalmerode / 19.09.2010

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Herklotz, René

□□: SG Stern Kassel

□□: 1016

□□: 108.00 km

Marathonstrecke lang

□□□□:

Herren

□□□: 5:47:53

□□: 18.63 km/h

□□□□□/□□□: 14 (of 29)

□□□□□/□: 14 (of 27)

□□□□□□: 4:32:47

□□□□□: 8(of 12)

□□□□□□□: 4:32:47

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	18.00	57:40	18.73	9	8:46	16	8:46	18.00	57:40	18.73	8	7:35	10	0:31
Bilstein	21.00	1:05:40	19.19	9	13:03	15	13:03	39.00	2:03:20	18.97	8	20:38	10	5:10
Thomasmühle	7.00	14:24	29.17	8	1:27	17	1:27	46.00	2:17:44	20.04	8	21:50	10	5:18
□□ 1	8.00	24:55	19.26	8	4:36	14	4:36	54.00	2:42:39	19.92	8	26:22	10	7:06
□□□ Vielarmiger	18.00	1:06:33	16.23	8	15:59	15	16:14	72.00	3:49:12	18.85	8	42:06	10	13:25
Bilstein	21.00	1:13:07	17.23	8	21:15	14	21:15	93.00	5:02:19	18.46	8	1:03:21	10	11:49
Thomasmühle	7.00	16:18	25.77	8	3:19	18	3:19	100.00	5:18:37	18.83	8	1:06:40	10	13:10
□□	8.00	29:16	16.40	8	8:26	17	8:26	108.00	5:47:53	18.63	10	4:01:16	19	4:01:16