



7. Bilstein Bike Marathon

Großalmerode / 19.09.2010

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Keuppens, Geert

□□: Belgien

□□: 1000

□□: 108.00 km

Marathonstrecke lang

□□□□:

Master 1

□□□: 6:11:09

□□: 17.46 km/h

□□□□□/□□□: 17 (of 29)

□□□□□/□: 17 (of 27)

□□□□□□: 4:32:47

□□□□□: 5(of 9)

□□□□□□□: 4:36:29

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	18.00	1:02:16	17.34	7	13:05	22	13:22	18.00	1:02:16	17.34	7		7	5:07
Bilstein	21.00	1:08:42	18.34	6	15:00	21	16:05	39.00	2:10:58	17.87	7		7	12:48
Thomasmühle	7.00	16:08	26.03	8	3:07	24	3:11	46.00	2:27:06	18.76	7		7	14:40
□□ 1	8.00	29:06	16.49	7	8:36	21	8:47	54.00	2:56:12	18.39	6	12:03	7	20:39
□□□ Vielarmiger \	18.00	1:09:53	15.45	6	19:34	18	19:34	72.00	4:06:05	17.56	6	14:41	7	30:18
Bilstein	21.00	1:17:31	16.25	4	22:34	15	25:39	93.00	5:23:36	17.24	5	1:21:56	7	33:06
Thomasmühle	7.00	16:11	25.95	6	2:37	17	3:12	100.00	5:39:47	17.66	5	1:24:33	7	34:20
□□	8.00	31:22	15.30	8	10:07	22	10:32	108.00	6:11:09	17.46	7	2:37:08	22	4:24:32