



7. Bilstein Bike Marathon

Großalmerode / 19.09.2010

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Schönfisch, Dirk

□□: Dortmund

□□: 1034

□□: 108.00 km

Marathonstrecke lang

□□□□:

Master 1

□□□: 6:20:49

□□: 17.02 km/h

□□□□□/□□□: 22 (of 29)

□□□□□/□: 21 (of 27)

□□□□□□: 4:32:47

□□□□□: 7(of 9)

□□□□□□□: 4:36:29

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	18.00	1:05:31	16.48	8	16:20	24	16:37	18.00	1:05:31	16.48	9		3	8:22
Bilstein	21.00	1:12:05	17.48	8	18:23	24	19:28	39.00	2:17:36	17.01	9		3	19:26
Thomasmühle	7.00	15:29	27.13	6	2:28	21	2:32	46.00	2:33:05	18.03	9		3	20:39
□□ 1	8.00	27:54	17.20	6	7:24	18	7:35	54.00	3:00:59	17.90	8	16:50	3	25:26
□□□ Vielarmiger	18.00	1:13:33	14.68	7	23:14	20	23:14	72.00	4:14:32	16.97	8	23:08	3	38:45
Bilstein	21.00	1:19:37	15.83	6	24:40	18	27:45	93.00	5:34:09	16.70	7	1:32:29	3	43:39
Thomasmühle	7.00	16:10	25.98	5	2:36	16	3:11	100.00	5:50:19	17.13	7	1:35:05	3	44:52
□□	8.00	30:30	15.74	6	9:15	18	9:40	108.00	6:20:49	17.02	9	2:46:48	26	4:34:12