



8. SKS Bilstein Bike Marathon

Großalmerode / 19.06.2011

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Bongers, Gerd

□□: RSC Essen-Kettwig

□□: 24

□□: 53.00 km

Marathonstrecke

□□□□:

Senioren 2

□□□: 2:56:39

□□: 18.00 km/h

□□□□□/□□□: 124 (of 269)

□□□□□/□: 116 (of 254)

□□□□□□: 2:04:26

□□□□□: 47(of 105)

□□□□□□□: 2:09:07

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	18.50	1:03:24	17.03	54	17:24	126	19:27	18.50	1:03:24	17.03	47	17:24	116	19:27
Dohrenbach	21.00	53:02	23.76	57	13:08	140	14:04	39.50	1:56:26	20.10	47	30:32	116	33:31
Bilstein	5.50	37:30	8.00	38	12:06	102	12:18	45.00	2:33:56	17.54	47	42:38	116	45:49
□□	8.00	22:43	21.13	38	5:16	103	6:24	53.00	2:56:39	18.00	48	1:47:14	117	1:47:14