



# 8. SKS Bilstein Bike Marathon

Großalmerode / 19.06.2011

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## Fernau, Henning

□□: Nienhagen

□□: 289

□□: 53.00 km

Marathonstrecke

□□□□:

Senioren 3

□□□: 3:11:27

□□: 16.61 km/h

□□□□□/□□□: 174 (of 269)

□□□□□/□: 164 (of 254)

□□□□□□: 2:04:26

□□□□□: 19(of 39)

□□□□□□□: 2:35:46

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□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Vielarmiger Weg | 18.50    | 1:08:14  | 15.83      | 21      | 13:07   | 183     | 24:17   | 18.50 | 1:08:14 | 15.83 | 39      | -       | 164     | 24:17   |
| Dohrenbach      | 21.00    | 55:50    | 22.57      | 22      | 10:08   | 178     | 16:52   | 39.50 | 2:04:04 | 18.86 | 39      | -       | 164     | 41:09   |
| Bilstein        | 5.50     | 43:09    | 6.95       | 22      | 9:49    | 167     | 17:57   | 45.00 | 2:47:13 | 16.15 | 39      | -       | 164     | 59:06   |
| □□              | 8.00     | 24:14    | 19.81      | 15      | 2:56    | 140     | 7:55    | 53.00 | 3:11:27 | 16.61 | 19      | 35:41   | 165     | 2:02:02 |