



8. SKS Bilstein Bike Marathon

Großalmerode / 19.06.2011

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Müller-Rühling, Heiko

□□□: 3:13:19

□□: SG Stern Kassel

□□: 16.45 km/h

□□: 130

□□: 53.00 km

□□□□□/□□□: 183 (of 269)

Marathonstrecke

□□□□□/□: 172 (of 254)

□□□□□□: 2:04:26

□□□□:

□□□□□: 70(of 105)

Senioren 2

□□□□□□□: 2:09:07

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	18.50	1:08:17	15.82	76	22:17	185	24:20	18.50	1:08:17	15.82	70	22:17	172	24:20
Dohrenbach	21.00	57:07	22.06	78	17:13	189	18:09	39.50	2:05:24	18.66	70	39:30	172	42:29
Bilstein	5.50	42:58	6.98	69	17:34	164	17:46	45.00	2:48:22	16.04	70	57:04	172	1:00:15
□□	8.00	24:57	19.24	65	7:30	159	8:38	53.00	3:13:19	16.45	71	2:03:54	173	2:03:54