



# 8. SKS Bilstein Bike Marathon

Großalmerode / 19.06.2011

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Lahmer, Andreas

□□□: 5:33:50

□□: Kassel

□□: 19.05 km/h

□□: 1038

□□: 106.00 km

□□□□□/□□□: 15 (of 26)

Marathonstrecke lang

□□□□□/□: 14 (of 23)

□□□□□□: 4:20:32

□□□□:

□□□□□: 4(of 8)

Senioren 2

□□□□□□□: 4:47:08

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	18.50	58:20	18.51	6	9:08	17	12:29	18.50	58:20	18.51	5		9	4:06
Dohrenbach	21.00	47:45	26.39	4	4:22	15	7:25	39.50	1:46:05	22.06	5		9	7:00
Bilstein	5.50	33:30	8.96	3	5:32	13	9:50	45.00	2:19:35	19.34	5		9	9:54
□□ 1	8.00	20:05	23.90	3	1:45	11	3:06	53.00	2:39:40	19.92	4	20:47	9	13:11
□□□ Vielarmiger \	18.50	59:50	18.05	3	6:56	9	10:00	71.50	3:39:30	19.41	4	27:43	9	12:39
Dohrenbach	21.00	50:50	24.79	4	5:15	14	10:03	92.50	4:30:20	20.42	4	32:58	9	13:17
Bilstein	5.50	40:10	7.47	4	9:48	16	14:31	98.00	5:10:30	18.94	4	42:46	9	18:11
□□	8.00	23:20	20.57	5	3:56	16	6:07	106.00	5:33:50	19.05	5	2:01:31	16	2:37:07