



9. SKS Bilstein Bike Marathon

Großalmerode / 06.05.2012

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Elsner, Kai

□□: Minden

□□: 1034

□□: 106.00 km

Marathonstrecke lang

□□□□:

Masters 1

□□□: 5:43:57

□□: 18.49 km/h

□□□□□/□□□: 18 (of 36)

□□□□□/□: 18 (of 35)

□□□□□□: 4:28:48

□□□□□: 7(of 14)

□□□□□□□: 4:47:05

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	18.00	56:28	19.13	6	8:37	19	8:50	18.00	56:28	19.13	12	-	-	12
Oberroßbach	9.00	33:37	16.06	9	4:52	22	4:52	27.00	1:30:05	17.98	12	-	-	12
Dohrenbach	12.00	15:16	47.16	5	1:45	16	2:13	39.00	1:45:21	22.21	12	-	-	12
Bilstein	6.50	32:34	11.05	6	4:58	18	7:01	45.50	2:17:55	19.58	12	-	-	12
Runde	9.00	21:58	24.58	9	3:07	22	4:42	54.50	2:39:53	20.26	10	-	-	8 10:00
Vielarmiger Weg	18.00	1:02:20	17.33	5	26:42	15	31:27	72.50	3:42:13	19.44	7	29:58	-	8 9:23
Oberroßbach	9.00	35:19	15.29	5	4:25	13	7:23	81.50	4:17:32	18.87	7	34:23	-	8 5:32
Dohrenbach	12.00	18:56	38.03	8	4:16	20	5:40	93.50	4:36:28	20.18	7	38:39	-	8 7:22
Bilstein	6.00	40:40	8.85	10	10:41	23	13:36	99.50	5:17:08	18.73	7	49:20	-	8 10:36
□□	6.50	26:49	13.42	8	7:32	23	8:43	106.00	5:43:57	18.49	7	56:52	-	19 2:39:44