



10. SKS Bilstein Bike Marathon/ Hessische MTB-Meisterschaften XCM
Großalmerode / 30.06.2013

□□□□

Nebel, Christian

□□□: 3:43:53

□□: Sebamed Biketeam / Team Stenger

□□: 22.51 km/h

□□: 2046

□□: 84.40 km

□□□□□/□□□: 11 (of 78)

Marathonstrecke mittel

□□□□□/□: 11 (of 72)

□□□□□□: 3:21:41

□□□□:

□□□□□: 6(of 22)

Masters 1

□□□□□□□: 3:21:41

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	20.20	56:13	21.35	8	7:12	15	7:12	20.20	56:13	21.35	16			39
Roßbach	4.80	12:21	19.43	6	0:46	11	0:46	25.00	1:08:34	21.88	16			39
Bilsteinturm	8.20	26:38	18.02	6	2:27	11	2:27	33.20	1:35:12	20.80	16			39
Runde	9.00	12:56	41.75	6	0:27	11	0:27	42.20	1:48:08	23.30	16			39
Vielarmiger Weg	20.20	58:37	20.47	6	5:27	12	15:30	62.40	2:46:45	22.31	16			45
Roßbach	4.80	13:16	18.09	6	1:10	11	1:10	67.20	3:00:01	22.33	16			43
Bilsteinturm	8.20	30:15	15.87	7	4:50	12	4:50	75.40	3:30:16	21.40	16			43
□□	9.00	13:37	39.66	9	1:19	16	1:19	84.40	3:43:53	22.51	6	22:12	11	22:12