



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

Großalmerode / 30.06.2013

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Diederichs, Martin

□□□: 4:11:28

□□: SG Stern Kassel

□□: 20.14 km/h

□□: 2018

□□: 84.40 km

□□□□□/□□□: 22 (of 78)

Marathonstrecke mittel

□□□□□/□: 22 (of 72)

□□□□□□: 3:21:41

□□□□:

□□□□□: 2(of 12)

Masters 3

□□□□□□□: 3:56:04

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Vielarmiger Weg | 20.20 | 1:00:48 | 19.93 | 2 | 1:20 | 24 | 11:47 | 20.20 | 1:00:48 | 19.93 | 3 | | | 62 |
| Roßbach | 4.80 | 13:39 | 21.10 | 2 | 0:57 | 25 | 2:04 | 25.00 | 1:14:27 | 20.15 | 3 | | | 61 |
| Bilsteinturm | 8.20 | 31:28 | 15.64 | 3 | 2:12 | 27 | 7:17 | 33.20 | 1:45:55 | 18.81 | 3 | | | 62 |
| Runde | 9.00 | 15:01 | 35.96 | 4 | 1:32 | 34 | 2:32 | 42.20 | 2:00:56 | 20.94 | 3 | | | 61 |
| Vielarmiger Weg | 20.20 | 1:07:07 | 18.06 | 3 | 3:35 | 25 | 24:00 | 62.40 | 3:08:03 | 19.91 | 2 | 9:36 | | 56 |
| Roßbach | 4.80 | 14:09 | 20.35 | 2 | 0:53 | 21 | 2:03 | 67.20 | 3:22:12 | 19.94 | 2 | 10:29 | | 54 |
| Bilsteinturm | 8.20 | 34:28 | 14.27 | 3 | 3:12 | 26 | 9:03 | 75.40 | 3:56:40 | 19.12 | 2 | 13:41 | | 54 |
| □□ | 9.00 | 14:48 | 36.49 | 4 | 1:43 | 29 | 2:30 | 84.40 | 4:11:28 | 20.14 | 2 | 15:24 | 22 | 49:47 |