



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

□□: 20.04 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	19.74	2	1:20	24	11:47	20.20	1:00:48	19.74	3		62	
Roßbach	4.80	13:39	17.58	2	0:57	25	2:04	25.00	1:14:27	20.15	3		61	
Bilsteinturm	8.20	31:28	15.25	3	2:12	27	7:17	33.20	1:45:55	18.69	3		62	
Runde	9.00	15:01	35.96	4	1:32	34	2:32	42.20	2:00:56	20.84	3		61	
Vielarmiger Weg	20.20	1:07:07	17.88	3	3:35	25	24:00	62.40	3:08:03	19.78	2	9:36	56	
Roßbach	4.80	14:09	16.96	2	0:53	21	2:03	67.20	3:22:12	19.88	2	10:29	54	
Bilsteinturm	8.20	34:28	13.93	3	3:12	26	9:03	75.40	3:56:40	19.01	2	13:41	54	
□□	9.00	14:48	36.49	4	1:43	29	2:30	84.40	4:11:28	20.04	2	15:24	22	49:47