



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

Großalmerode / 30.06.2013

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Frank, Heinz

□□□: 4:26:38

□□: SF 03 Romrod

□□: 18.90 km/h

□□: 2058

□□: 84.40 km

□□□□□/□□□: 31 (of 78)

Marathonstrecke mittel

□□□□□/□: 30 (of 72)

□□□□□□: 3:21:41

□□□□:

□□□□□: 5(of 12)

Masters 3

□□□□□□□: 3:56:04

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	20.20	1:03:23	18.93	3	3:55	30	14:22	20.20	1:03:23	18.93	6		18	
Roßbach	4.80	13:51	17.33	3	1:09	31	2:16	25.00	1:17:14	19.42	6		18	
Bilsteinturm	8.20	30:37	15.68	2	1:21	25	6:26	33.20	1:47:51	18.36	6		18	
Runde	9.00	26:31	20.36	12	13:02	71	14:02	42.20	2:14:22	18.75	6		18	0:38
Vielarmiger Weg	20.20	1:06:30	18.05	2	2:58	24	23:23	62.40	3:20:52	18.52	5	22:25	64	
Roßbach	4.80	14:59	16.02	5	1:43	29	2:53	67.20	3:35:51	18.62	4	24:08	61	
Bilsteinturm	8.20	35:04	13.69	4	3:48	28	9:39	75.40	4:10:55	17.93	5	27:56	62	
□□	9.00	15:43	34.36	8	2:38	45	3:25	84.40	4:26:38	18.90	5	30:34	30	1:04:57