



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

Großalmerode / 30.06.2013

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Sippel, Kai

□□□: 4:39:31

□□: Baunatal

□□: 18.12 km/h

□□: 2041

□□: 84.40 km

□□□□□/□□□: 38 (of 78)

Marathonstrecke mittel

□□□□□/□: 36 (of 72)

□□□□□□: 3:21:41

□□□□:

□□□□□: 14(of 22)

Masters 1

□□□□□□□: 3:21:41

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	20.20	1:04:56	18.67	15	15:55	35	15:55	20.20	1:04:56	18.67	8	5:53	12	
Roßbach	4.80	13:44	20.97	12	2:09	28	2:09	25.00	1:18:40	19.07	8	6:32	12	
Bilsteinturm	8.20	32:56	14.94	15	8:45	36	8:45	33.20	1:51:36	17.85	8	10:07	12	
Runde	9.00	15:22	35.14	17	2:53	44	2:53	42.20	2:06:58	19.94	8	11:38	12	
Vielarmiger Weg	20.20	1:19:21	15.27	17	26:11	47	36:14	62.40	3:26:19	18.15	8	15:18	14	
Roßbach	4.80	16:59	16.96	16	4:53	46	4:53	67.20	3:43:18	18.06	8	17:58	4	
Bilsteinturm	8.20	40:54	12.03	17	15:29	46	15:29	75.40	4:24:12	17.12	8	25:20	4	
□□	9.00	15:19	35.26	15	3:01	38	3:01	84.40	4:39:31	18.12	14	1:17:50	36	1:17:50