



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

Großalmerode / 30.06.2013

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Wolf, Helen

□□□: 4:43:16

□□: Mountain Heroes

□□: 17.88 km/h

□□: 2023

□□: 84.40 km

□□□□□/□□□: 43 (of 78)

Marathonstrecke mittel

□□□□□/□: 3 (of 6)

□□□□□□: 4:22:51

□□□□:

□□□□□: 3(of 3)

Damen

□□□□□□□: 4:22:51

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	20.20	1:11:37	16.92	3	7:12	3	7:12	20.20	1:11:37	16.92	3	7:12	3	7:12
Roßbach	4.80	15:05	19.09	3	0:48	4	0:48	25.00	1:26:42	17.30	3	8:00	3	8:00
Bilsteinturm	8.20	35:45	13.76	3	3:33	3	3:33	33.20	2:02:27	16.27	3	11:24	3	11:24
Runde	9.00	15:59	33.79	2	0:54	4	0:54	42.20	2:18:26	18.29	3	12:18	3	12:18
Vielarmiger Weg	20.20	1:15:17	16.10	3	4:37	3	4:37	62.40	3:33:43	17.52	3	16:13	3	16:13
Roßbach	4.80	15:45	18.29	3	1:05	4	1:05	67.20	3:49:28	17.57	3	16:58	3	16:58
Bilsteinturm	8.20	38:21	12.83	3	4:00	4	4:00	75.40	4:27:49	16.89	3	19:54	3	19:54
□□	9.00	15:27	34.95	2	0:31	3	0:31	84.40	4:43:16	17.88	3	20:25	3	20:25