



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

Großalmerode / 30.06.2013

0000

Heß, Norbert

000: 4:48:36

00: Tankban Schneider MTB-Team

00: 17.46 km/h

00: 2069

00: 84.40 km

00000/000: 46 (of 78)

Marathonstrecke mittel

00000/0: 43 (of 72)

000000: 3:21:41

0000:

00000: 14(of 29)

Masters 2

0000000: 3:28:22

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| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 |
|-----------------|-------|---------|-------|----|-------|----|-------|-------|---------|-------|----|---------|----|---------|
| | km | 00 | km/h | - | - | 0 | 0 | km | 00 | km/h | - | - | 0 | 0 |
| Vielarmiger Weg | 20.20 | 1:13:52 | 16.25 | 21 | 22:03 | 55 | 24:51 | 20.20 | 1:13:52 | 16.25 | 13 | 9:02 | 5 | 5:12 |
| Roßbach | 4.80 | 16:35 | 14.47 | 27 | 4:35 | 66 | 5:00 | 25.00 | 1:30:27 | 16.58 | 13 | 11:52 | 5 | 7:03 |
| Birsteinturm | 8.20 | 35:12 | 13.64 | 17 | 9:39 | 47 | 11:01 | 33.20 | 2:05:39 | 15.76 | 13 | 13:58 | 5 | 7:47 |
| Runde | 9.00 | 16:08 | 33.47 | 22 | 3:28 | 54 | 3:39 | 42.20 | 2:21:47 | 17.77 | 13 | 15:56 | 5 | 8:03 |
| Vielarmiger Weg | 20.20 | 1:17:22 | 15.51 | 14 | 34:15 | 41 | 34:15 | 62.40 | 3:39:09 | 16.97 | 13 | 4:23 | 7 | 5:28 |
| Roßbach | 4.80 | 16:23 | 14.65 | 13 | 3:55 | 41 | 4:17 | 67.20 | 3:55:32 | 17.07 | 13 | 4:07 | 11 | |
| Birsteinturm | 8.20 | 38:38 | 12.42 | 13 | 12:01 | 40 | 13:13 | 75.40 | 4:34:10 | 16.41 | 13 | 4:09 | 11 | |
| 00 | 9.00 | 14:26 | 37.41 | 7 | 2:03 | 24 | 2:08 | 84.40 | 4:48:36 | 17.46 | 14 | 1:20:14 | 43 | 1:26:55 |