



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

Großalmerode / 30.06.2013

□□□□

Morth, Karl-Heinz

□□□: 4:52:47

□□: Witzenhausen

□□: 17.30 km/h

□□: 2006

□□: 84.40 km

□□□□□/□□□: 49 (of 78)

Marathonstrecke mittel

□□□□□/□: 45 (of 72)

□□□□□□: 3:21:41

□□□□:

□□□□□: 15(of 29)

Masters 2

□□□□□□□: 3:28:22

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	20.20	1:11:07	17.04	16	19:18	46	22:06	20.20	1:11:07	17.04	12	6:17	3	2:27
Roßbach	4.80	15:26	18.66	18	3:26	51	3:51	25.00	1:26:33	17.33	11	7:58	2	3:09
Bilsteinturm	8.20	35:13	13.97	18	9:40	48	11:02	33.20	2:01:46	16.36	12	10:05	3	3:54
Runde	9.00	15:17	35.33	15	2:37	40	2:48	42.20	2:17:03	18.48	11	11:12	2	3:19
Vielarmiger Weg	20.20	1:20:42	15.02	19	37:35	49	37:35	62.40	3:37:45	17.19	12	2:59	5	4:04
Roßbach	4.80	17:39	16.32	20	5:11	51	5:33	67.20	3:55:24	17.13	12	3:59	13	
Bilsteinturm	8.20	41:51	11.76	20	15:14	51	16:26	75.40	4:37:15	16.32	12	7:14	13	
□□	9.00	15:32	34.76	16	3:09	44	3:14	84.40	4:52:47	17.30	15	1:24:25	45	1:31:06