



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

Großalmerode / 30.06.2013

□□□□

Bühn, Martin

□□: SG Stern Kassel
 □□: 2019

□□: 84.40 km
 Marathonstrecke mittel

□□□□:
 Masters 2

□□□: 4:54:29

□□: 17.11 km/h

□□□□□/□□□: 54 (of 78)

□□□□□/□: 49 (of 72)

□□□□□□: 3:21:41

□□□□□: 19(of 29)

□□□□□□□: 3:28:22

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	20.20	1:14:14	16.17	23	22:25	57	25:13	20.20	1:14:14	16.17	8	9:24	35	5:34
Roßbach	4.80	15:03	15.95	15	3:03	46	3:28	25.00	1:29:17	16.80	8	10:42	35	5:53
Birsteinturm	8.20	36:16	13.24	22	10:43	55	12:05	33.20	2:05:33	15.77	8	13:52	35	7:41
Runde	9.00	15:09	35.64	13	2:29	36	2:40	42.20	2:20:42	17.91	8	14:51	35	6:58
Vielarmiger Weg	20.20	1:21:09	14.79	20	38:02	51	38:02	62.40	3:41:51	16.77	8	7:05	10	8:10
Roßbach	4.80	15:30	15.48	11	3:02	34	3:24	67.20	3:57:21	16.94	8	5:56	1	-
Birsteinturm	8.20	41:54	11.46	21	15:17	52	16:29	75.40	4:39:15	16.11	8	9:14	1	-
□□	9.00	15:14	35.45	13	2:51	37	2:56	84.40	4:54:29	17.11	19	1:26:07	49	1:32:48