



10. SKS Bilstein Bike Marathon/ Hessische MTB-Meisterschaften XCM  
Großalmerode / 30.06.2013

0000

Spanjer, Jos

000: 5:01:35

00: Twentse Ros

00: 16.79 km/h

00: 2001

00: 84.40 km

00000/000: 58 (of 78)

Marathonstrecke mittel

00000/0: 53 (of 72)

000000: 3:21:41

0000:

00000: 21(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	1:12:51	16.64	18	21:02	51	23:50	20.20	1:12:51	16.64	6	8:01	30	4:11
Roßbach	4.80	17:19	16.63	28	5:19	68	5:44	25.00	1:30:10	16.64	6	11:35	30	6:46
Bilsteinturm	8.20	35:44	13.77	20	10:11	52	11:33	33.20	2:05:54	15.82	6	14:13	30	8:02
Runde	9.00	18:44	28.83	27	6:04	65	6:15	42.20	2:24:38	17.51	6	18:47	30	10:54
Vielarmiger Weg	20.20	1:18:34	15.43	15	35:27	42	35:27	62.40	3:43:12	16.77	6	8:26	22	9:31
Roßbach	4.80	20:11	14.27	24	7:43	61	8:05	67.20	4:03:23	16.57	6	11:58	21	6:02
Bilsteinturm	8.20	41:19	11.91	18	14:42	48	15:54	75.40	4:44:42	15.89	6	14:41	21	5:27
00	9.00	16:53	31.98	21	4:30	54	4:35	84.40	5:01:35	16.79	21	1:33:13	53	1:39:54