



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

Großalmerode / 30.06.2013

□□□□

Vrengoenhil, Stefan

□□□: 5:13:27

□□: Naalowijk

□□: 24.12 km/h

□□: 1034

□□: 126.60 km

□□□□□/□□□: 5 (of 49)

Marathonstrecke lang

□□□□□/□: 5 (of 47)

□□□□□□: 4:56:11

□□□□:

□□□□□: 4(of 18)

Herren

□□□□□□□: 4:56:12

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	20.20	50:23	23.82	5	1:36	7	1:37	20.20	50:23	23.82	12			25
Roßbach	4.80	11:42	20.51	1	-	2	0:04	25.00	1:02:05	24.16	12			35
Bilsteinturm	8.20	25:02	19.17	5	2:29	8	2:29	33.20	1:27:07	22.73	12			35
Runde	9.00	12:23	43.61	1	-	1	-	42.20	1:39:30	25.33	12			25
Vielarmiger Weg	20.20	52:12	22.99	3	2:36	4	2:36	62.40	2:31:42	24.52	5			31
Roßbach	4.80	12:04	19.89	2	0:11	3	0:12	67.20	2:43:46	24.55	5			31
Bilsteinturm	8.20	26:29	18.12	5	2:51	9	2:51	75.40	3:10:15	23.65	5			29
Runde	9.00	12:47	42.24	3	0:24	8	6:38	84.40	3:23:02	24.82	5			31
Vielarmiger Weg	20.20	57:56	20.71	5	5:12	10	5:12	104.60	4:20:58	23.91	4	14:34		25
Roßbach	4.80	12:33	19.12	2	0:16	3	0:16	109.40	4:33:31	23.91	4	14:50		25
Bilsteinturm	8.20	27:37	17.38	3	2:20	6	2:20	117.60	5:01:08	23.31	4	17:10		25
□□	9.00	12:19	43.84	2	0:05	3	0:06	126.60	5:13:27	24.12	4	17:15	5	17:16