



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

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Wietzorek, Sonja

□□□: 5:16:07

□□: Excelsior Racing by Prowell Team Harzblut

□□: 15.94 km/h

□□: 2008

□□: 84.40 km

□□□□□/□□□: 63 (of 78)

Marathonstrecke mittel

□□□□□/□: 6 (of 6)

□□□□□□: 4:22:51

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□□□□□: 1(of 1)

Seniorinnen 2

□□□□□□□: 5:16:07

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| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Vielarmiger Weg | 20.20 | 1:20:17 | 14.95 | 1 | - | 6 | 15:52 | 20.20 | 1:20:17 | 14.95 | 1 | - | 6 | 15:52 |
| Roßbach | 4.80 | 16:20 | 14.69 | 1 | - | 6 | 2:03 | 25.00 | 1:36:37 | 15.53 | 1 | - | 6 | 17:55 |
| Bilsteinturm | 8.20 | 39:11 | 12.25 | 1 | - | 6 | 6:59 | 33.20 | 2:15:48 | 14.58 | 1 | - | 6 | 24:45 |
| Runde | 9.00 | 15:15 | 35.41 | 1 | - | 2 | 0:10 | 42.20 | 2:31:03 | 16.68 | 1 | - | 6 | 24:55 |
| Vielarmiger Weg | 20.20 | 1:27:28 | 13.72 | 1 | - | 6 | 16:48 | 62.40 | 3:58:31 | 15.60 | 1 | - | 6 | 41:01 |
| Roßbach | 4.80 | 17:29 | 13.73 | 1 | - | 6 | 2:49 | 67.20 | 4:16:00 | 15.70 | 1 | - | 6 | 43:30 |
| Bilsteinturm | 8.20 | 43:32 | 11.03 | 1 | - | 6 | 9:11 | 75.40 | 4:59:32 | 15.02 | 1 | - | 6 | 51:37 |
| □□ | 9.00 | 16:35 | 32.56 | 1 | - | 5 | 1:39 | 84.40 | 5:16:07 | 15.94 | 1 | - | 6 | 53:16 |