



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

□□: 16.02 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

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	20.20	1:20:17	15.10	1	-	6	15:52	20.20	1:20:17	15.10	1	-	6	15:52
Roßbach	4.80	16:20	17.63	1	-	6	2:03	25.00	1:36:37	15.53	1	-	6	17:55
Bilsteinturm	8.20	39:11	12.56	1	-	6	6:59	33.20	2:15:48	14.67	1	-	6	24:45
Runde	9.00	15:15	35.41	1	-	2	0:10	42.20	2:31:03	16.76	1	-	6	24:55
Vielarmiger Weg	20.20	1:27:28	13.86	1	-	6	16:48	62.40	3:58:31	15.70	1	-	6	41:01
Roßbach	4.80	17:29	16.47	1	-	6	2:49	67.20	4:16:00	15.75	1	-	6	43:30
Bilsteinturm	8.20	43:32	11.30	1	-	6	9:11	75.40	4:59:32	15.10	1	-	6	51:37
□□	9.00	16:35	32.56	1	-	5	1:39	84.40	5:16:07	16.02	1	-	6	53:16