



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

Großalmerode / 30.06.2013

0000

Alheit, Bernd

000: 5:40:33

00: Baunatal

00: 14.80 km/h

00: 2015

00: 84.40 km

00000/000: 69 (of 78)

Marathonstrecke mittel

00000/0: 63 (of 72)

000000: 3:21:41

0000:

00000: 11(of 12)

Masters 3

0000000: 3:56:04

0000

0000

000

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	1:23:09	14.43	12	23:41	70	34:08	20.20	1:23:09	14.43	12	5:05	21	14:29
Roßbach	4.80	16:21	14.68	11	3:39	63	4:46	25.00	1:39:30	15.08	12	5:17	21	16:06
Bilsteinturm	8.20	41:36	11.54	11	12:20	69	17:25	33.20	2:21:06	14.03	12	5:09	21	23:14
Runde	9.00	17:04	31.64	10	3:35	60	4:35	42.20	2:38:10	15.93	12	5:34	21	24:26
Vielarmiger Weg	20.20	1:38:16	12.21	11	34:44	64	55:09	62.40	4:16:26	14.51	11	1:17:59	32	42:45
Roßbach	4.80	19:09	12.53	11	5:53	57	7:03	67.20	4:35:35	14.59	11	1:23:52	31	38:14
Bilsteinturm	8.20	47:08	10.18	9	15:52	61	21:43	75.40	5:22:43	13.94	11	1:39:44	31	43:28
00	9.00	17:50	30.28	11	4:45	58	5:32	84.40	5:40:33	14.80	11	1:44:29	63	2:18:52