



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

Großalmerode / 30.06.2013

□□□□

Planckaert, Hans

□□: Smart Cycling Team

□□: 1008

□□: 126.60 km

Marathonstrecke lang

□□□□:

Masters 2

□□□: 5:49:07

□□: 21.76 km/h

□□□□□/□□□: 20 (of 49)

□□□□□/□: 20 (of 47)

□□□□□□: 4:56:11

□□□□□: 3(of 12)

□□□□□□□: 5:22:05

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	20.20	56:15	21.55	3	3:42	23	7:29	20.20	56:15	21.55	6		7	
Roßbach	4.80	13:03	22.07	4	0:55	26	1:25	25.00	1:09:18	21.65	6		6	
Bilsteinturm	8.20	26:35	18.51	2	1:19	19	4:02	33.20	1:35:53	20.78	6		6	
Runde	9.00	13:11	40.96	2	0:30	18	0:48	42.20	1:49:04	23.22	6		7	
Vielarmiger Weg	20.20	1:00:18	20.10	3	4:11	21	10:42	62.40	2:49:22	22.11	6		5	
Roßbach	4.80	13:15	21.74	3	0:46	22	1:23	67.20	3:02:37	22.08	6		5	
Bilsteinturm	8.20	28:38	17.18	3	1:47	19	5:00	75.40	3:31:15	21.42	5		4	
Runde	9.00	12:47	42.24	1	-	8	6:38	84.40	3:44:02	22.60	5		5	
Vielarmiger Weg	20.20	1:04:27	18.81	3	6:33	20	11:43	104.60	4:48:29	21.76	3	19:25	2	
Roßbach	4.80	14:02	20.52	4	1:06	20	1:45	109.40	5:02:31	21.70	3	20:31	2	
Bilsteinturm	8.20	32:18	15.23	3	4:42	22	7:01	117.60	5:34:49	21.07	3	25:13	2	
□□	9.00	14:18	37.76	4	1:49	23	2:05	126.60	5:49:07	21.76	3	27:02	20	52:56