



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

□□: 21.65 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	21.33	3	3:42	23	7:29	20.20	56:15	21.33	6			7
Roßbach	4.80	13:03	18.39	4	0:55	26	1:25	25.00	1:09:18	21.65	6			6
Bilsteinturm	8.20	26:35	18.06	2	1:19	19	4:02	33.20	1:35:53	20.65	6			6
Runde	9.00	13:11	40.96	2	0:30	18	0:48	42.20	1:49:04	23.11	6			7
Vielarmiger Weg	20.20	1:00:18	19.90	3	4:11	21	10:42	62.40	2:49:22	21.96	6			5
Roßbach	4.80	13:15	18.11	3	0:46	22	1:23	67.20	3:02:37	22.01	6			5
Bilsteinturm	8.20	28:38	16.76	3	1:47	19	5:00	75.40	3:31:15	21.30	5			4
Runde	9.00	12:47	42.24	1	-	8	6:38	84.40	3:44:02	22.50	5			5
Vielarmiger Weg	20.20	1:04:27	18.62	3	6:33	20	11:43	104.60	4:48:29	21.63	3	19:25		2
Roßbach	4.80	14:02	17.10	4	1:06	20	1:45	109.40	5:02:31	21.62	3	20:31		2
Bilsteinturm	8.20	32:18	14.86	3	4:42	22	7:01	117.60	5:34:49	20.97	3	25:13		2
□□	9.00	14:18	37.76	4	1:49	23	2:05	126.60	5:49:07	21.65	3	27:02	20	52:56