



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

Großalmerode / 30.06.2013

0000

Rulle, Holger

000: 6:54:09

00: Starlightexpress

00: 18.25 km/h

00: 1010

00: 126.60 km

00000/000: 30 (of 49)

Marathonstrecke lang

00000/0: 29 (of 47)

000000: 4:56:11

0000:

00000: 9(of 12)

Masters 2

0000000: 5:22:05

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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	1:04:37	18.57	9	12:04	33	15:51	20.20	1:04:37	18.57	12	2:26	16	1:21
Roßbach	4.80	14:01	17.12	9	1:53	31	2:23	25.00	1:18:38	19.08	12	2:49	15	0:19
Bilsteinturm	8.20	32:27	14.79	9	7:11	32	9:54	33.20	1:51:05	17.82	12	3:58	15	0:56
Runde	9.00	15:18	35.29	8	2:37	34	2:55	42.20	2:06:23	19.94	12	4:37	16	3:48
Vielarmiger Weg	20.20	1:11:16	16.84	9	15:09	30	21:40	62.40	3:17:39	18.82	12	9:56	14	3:57
Roßbach	4.80	16:22	14.66	10	3:53	36	4:30	67.20	3:34:01	18.78	12	11:52	14	5:18
Bilsteinturm	8.20	35:51	13.39	9	9:00	30	12:13	75.40	4:09:52	18.01	11		13	0:57
Runde	9.00	16:18	33.13	9	3:31	34	10:09	84.40	4:26:10	18.94	11		14	7:45
Vielarmiger Weg	20.20	1:19:08	15.16	9	21:14	32	26:24	104.60	5:45:18	18.07	9	1:16:14	1	-
Roßbach	4.80	16:31	14.53	9	3:35	33	4:14	109.40	6:01:49	18.08	9	1:19:49	1	-
Bilsteinturm	8.20	36:42	13.08	8	9:06	30	11:25	117.60	6:38:31	17.62	9	1:28:55	1	-
00	9.00	15:38	34.54	7	3:09	30	3:25	126.60	6:54:09	18.25	9	1:32:04	29	1:57:58