



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

Großalmerode / 30.06.2013

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Bauer, Ralf

□□□: 7:26:57

□□: Schmiederfeld

□□: 16.91 km/h

□□: 1049

□□: 126.60 km

□□□□□/□□□: 36 (of 49)

Marathonstrecke lang

□□□□□/□: 35 (of 47)

□□□□□□: 4:56:11

□□□□:

□□□□□: 4(of 6)

Masters 3

□□□□□□□: 7:11:09

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□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	20.20	1:11:42	16.74	5	3:36	42	22:56	20.20	1:11:42	16.74	4	1:59	22	8:26
Roßbach	4.80	15:29	15.50	4	0:35	41	3:51	25.00	1:27:11	17.21	4	2:34	21	8:52
Bilsteinturm	8.20	35:20	13.58	6	3:21	41	12:47	33.20	2:02:31	16.16	4	4:02	21	12:22
Runde	9.00	16:07	33.51	6	1:18	40	3:44	42.20	2:18:38	18.18	4	5:20	22	16:03
Vielarmiger Weg	20.20	1:17:51	15.41	4	4:21	37	28:15	62.40	3:36:29	17.18	4	7:39	20	22:47
Roßbach	4.80	17:10	13.98	4	2:00	37	5:18	67.20	3:53:39	17.21	4	9:39	20	24:56
Bilsteinturm	8.20	39:12	12.24	4	2:12	36	15:34	75.40	4:32:51	16.49	4	11:26	19	23:56
Runde	9.00	17:08	31.52	4	1:24	37	10:59	84.40	4:49:59	17.38	4	11:53	20	31:34
Vielarmiger Weg	20.20	1:18:57	15.20	1	-	31	26:13	104.60	6:08:56	16.91	4	10:32	17	23:38
Roßbach	4.80	17:31	13.70	4	1:17	36	5:14	109.40	6:26:27	16.92	4	11:49	17	24:38
Bilsteinturm	8.20	43:00	11.16	6	2:05	38	17:43	117.60	7:09:27	16.35	4	13:54	17	30:56
□□	9.00	17:30	30.86	5	2:10	35	5:17	126.60	7:26:57	16.91	4	15:48	35	2:30:46