



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

Großalmerode / 30.06.2013

□□□□

Lessig, Dieter

□□□: 7:33:42

□□: Hebt mir ne Bratwurst auf !

□□: 16.66 km/h

□□: 1017

□□: 126.60 km

□□□□□/□□□: 37 (of 49)

Marathonstrecke lang

□□□□□/□: 36 (of 47)

□□□□□□: 4:56:11

□□□□:

□□□□□: 5(of 6)

Masters 3

□□□□□□□: 7:11:09

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	20.20	1:08:06	17.62	1	-	37	19:20	20.20	1:08:06	17.62	5		23	4:50
Roßbach	4.80	23:24	10.26	6	8:30	46	11:46	25.00	1:31:30	16.39	5	6:53	22	13:11
Bilsteinturm	8.20	32:52	14.60	2	0:53	34	10:19	33.20	2:04:22	15.92	5	5:53	22	14:13
Runde	9.00	15:18	35.29	3	0:29	34	2:55	42.20	2:19:40	18.04	5	6:22	23	17:05
Vielarmiger Weg	20.20	1:19:00	15.19	6	5:30	39	29:24	62.40	3:38:40	17.01	5	9:50	21	24:58
Roßbach	4.80	17:26	13.77	6	2:16	39	5:34	67.20	3:56:06	17.03	5	12:06	21	27:23
Bilsteinturm	8.20	39:26	12.17	5	2:26	37	15:48	75.40	4:35:32	16.33	5	14:07	20	26:37
Runde	9.00	17:07	31.55	3	1:23	36	10:58	84.40	4:52:39	17.22	5	14:33	21	34:14
Vielarmiger Weg	20.20	1:24:45	14.16	5	5:48	37	32:01	104.60	6:17:24	16.53	5	19:00	18	32:06
Roßbach	4.80	18:05	13.27	6	1:51	38	5:48	109.40	6:35:29	16.54	5	20:51	18	33:40
Bilsteinturm	8.20	41:56	11.45	3	1:01	35	16:39	117.60	7:17:25	16.05	5	21:52	18	38:54
□□	9.00	16:17	33.16	4	0:57	34	4:04	126.60	7:33:42	16.66	5	22:33	36	2:37:31