



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

Großalmerode / 30.06.2013

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Seinsch, Uwe

00: Velo Solingen

00: 1032

00: 126.60 km

Marathonstrecke lang

0000:

Masters 3

000: 7:39:14

00: 16.46 km/h

00000/000: 38 (of 49)

00000/0: 37 (of 47)

000000: 4:56:11

00000: 6(of 6)

0000000: 7:11:09

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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	1:13:47	16.26	6	5:41	43	25:01	20.20	1:13:47	16.26	6	4:04	24	10:31
Roßbach	4.80	16:39	14.41	5	1:45	42	5:01	25.00	1:30:26	16.59	6	5:49	23	12:07
Bilsteinturm	8.20	35:19	13.59	5	3:20	40	12:46	33.20	2:05:45	15.75	6	7:16	23	15:36
Runde	9.00	16:03	33.64	5	1:14	39	3:40	42.20	2:21:48	17.77	6	8:30	24	19:13
Vielarmiger Weg	20.20	1:17:17	15.53	3	3:47	36	27:41	62.40	3:39:05	16.98	6	10:15	22	25:23
Roßbach	4.80	17:16	13.90	5	2:06	38	5:24	67.20	3:56:21	17.01	6	12:21	22	27:38
Bilsteinturm	8.20	40:20	11.90	6	3:20	38	16:42	75.40	4:36:41	16.26	6	15:16	21	27:46
Runde	9.00	17:22	31.09	5	1:38	38	11:13	84.40	4:54:03	17.14	6	15:57	22	35:38
Vielarmiger Weg	20.20	1:28:27	13.57	6	9:30	38	35:43	104.60	6:22:30	16.31	6	24:06	19	37:12
Roßbach	4.80	18:02	13.31	5	1:48	37	5:45	109.40	6:40:32	16.33	6	25:54	19	38:43
Bilsteinturm	8.20	42:37	11.26	5	1:42	37	17:20	117.60	7:23:09	15.84	6	27:36	19	44:38
00	9.00	16:05	33.58	3	0:45	31	3:52	126.60	7:39:14	16.46	6	28:05	37	2:43:03