



# 14. SKS Bike-Marathon Rund um Zierenberg

Zierenberg / 18.08.2013

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Rustemeier, Frank

□□□: 2:58:33

□□: Meerhof

□□: 18.82 km/h

□□: 204

□□: 56.00 km

□□□□□/□□□: 126 (of 286)

Halbmarathon

□□□□□/□: 122 (of 270)

□□□□□□: 2:06:20

□□□□:

□□□□□: 44(of 114)

Masters 2

□□□□□□□: 2:06:44

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Kontrolle A	7.00	27:59	15.01	36	7:35	98	7:48	7.00	27:59	15.01	45	7:32	127	
Kontrolle B	33.00	1:40:19	19.74	39	25:53	112	25:53	40.00	2:08:18	18.71	45	33:25	123	33:26
Ziel	16.00	50:15	19.10	59	18:24	153	18:47	56.00	2:58:33	18.82	44	51:49	122	52:13