



# 14. SKS Bike-Marathon Rund um Zierenberg

Zierenberg / 18.08.2013

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Lemmer, Michael

□□□: 3:24:17

□□: MTB Buseck

□□: 16.45 km/h

□□: 317

□□: 56.00 km

□□□□□/□□□: 212 (of 286)

Halbmarathon

□□□□□/□: 202 (of 270)

□□□□□□: 2:06:20

□□□□:

□□□□□: 4(of 9)

Masters 4

□□□□□□□: 3:08:35

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Kontrolle A	7.00	31:56	13.15	5	3:14	184	11:45	7.00	31:56	13.15	5	3:14	208	1:38
Kontrolle B	33.00	1:54:36	17.28	4	5:10	192	40:10	40.00	2:26:32	16.38	4	5:43	204	51:40
Ziel	16.00	57:45	16.62	6	9:59	225	26:17	56.00	3:24:17	16.45	4	15:42	202	1:17:57