

11. SKS Bilstein Bike Marathon Großalmerode / 20.07.2014



Pöttgen, Helen □□□: 2:09:20 □□: EGF Bunstruth Racing □□: 19.95 km/h

□□: 215

_____: 80 (of 229) □□: 43.00 km Marathonstrecke kurz

____/_: 3 (of 12) [][][]: 1:59:52

□□□□: 3(of 5) ____: 1:59:52 Damen

| | km | | km/h | - | - | | | km | | km/h | - | - | | |
|-----------------|-------|---------|-------|---|------|---|------|-------|---------|-------|---|------|---|------|
| Vielarmiger Weg | 20.20 | 1:05:53 | 18.21 | 3 | 3:55 | 3 | 3:55 | 20.20 | 1:05:53 | 18.21 | 3 | 3:55 | 3 | 3:55 |
| Roßbach | 4.80 | 14:48 | 16.22 | 4 | 1:05 | 5 | 1:05 | 25.00 | 1:20:41 | 18.59 | 3 | 5:00 | 3 | 5:00 |
| Bilsteinturm | 8.20 | 35:25 | 13.55 | 2 | 3:36 | 2 | 3:36 | 33.20 | 1:56:06 | 17.05 | 3 | 8:36 | 3 | 8:36 |
| | 9.00 | 13:14 | 40.81 | 3 | 0:52 | 3 | 0:52 | 43.00 | 2:09:20 | 19.95 | 3 | 9:28 | 3 | 9:28 |