11. SKS Bilstein Bike Marathon

Großalmerode / 20.07.2014

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Nebel, Christian

□□: Sebamed Bike Team
□□: 2051

□□: 86.00 km
Marathonstrecke mittel

□□□□:
Masters 1

□□□: 3:40:58
□□: 23.35 km/h

□□□□□/□□□: 6 (of 55)
□□□□□/□: 6 (of 49)
□□□□□□: 3:12:05

□□□□□: 3(of 12)
□□□□□□□: 3:18:37

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	20.20	54:59	22.04	6	5:26	13	7:11	20.20	54:59	22.04	5	5:26	36	
Roßbach	4.80	12:32	22.98	4	0:29	9	0:52	25.00	1:07:31	22.22	5	5:50	36	
Bilsteinturm	8.20	28:20	17.36	5	2:33	11	4:11	33.20	1:35:51	20.78	5	8:23	36	
Runde	9.00	11:27	47.16	6	0:42	10	0:44	42.20	1:47:18	23.60	5	9:01	36	
Vielarmiger Weg	20.20	57:45	20.99	3	5:45	5	8:54	62.40	2:45:03	22.68	3	14:46	28	
Roßbach	4.80	13:27	21.41	3	1:04	7	1:41	67.20	2:58:30	22.59	3	15:50	28	
Bilsteinturm	8.20	31:31	15.61	5	5:50	10	6:04	75.40	3:30:01	21.54	3	21:40	27	
□□	9.00	10:57	49.32	3	1:05	4	1:05	86.00	3:40:58	23.35	3	22:21	6	28:53