



11. SKS Bilstein Bike Marathon

Großalmerode / 20.07.2014

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Gieß, Volker

□□: FlyingLegs.de

□□: 2012

□□: 86.00 km

Marathonstrecke mittel

□□□□:

Masters 3

□□□: 3:45:43

□□: 22.86 km/h

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□□□□□/□: 12 (of 49)

□□□□□□: 3:12:05

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□□□□□□□: 3:45:43

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	20.20	54:53	22.08	1	-	12	7:05	20.20	54:53	22.08	1	-	42	
Roßbach	4.80	12:35	22.89	1	-	10	0:55	25.00	1:07:28	22.23	1	-	40	
Bilsteinturm	8.20	28:22	17.34	1	-	12	4:13	33.20	1:35:50	20.79	1	-	42	
Runde	9.00	12:06	44.63	3	0:32	21	1:23	42.20	1:47:56	23.46	1	-	40	
Vielarmiger Weg	20.20	59:40	20.31	1	-	10	10:49	62.40	2:47:36	22.34	1	-	23	
Roßbach	4.80	13:31	21.31	1	-	8	1:45	67.20	3:01:07	22.26	1	-	23	
Bilsteinturm	8.20	32:26	15.17	2	0:32	16	6:59	75.40	3:33:33	21.18	1	-	22	
□□	9.00	12:10	44.38	3	0:22	20	2:18	86.00	3:45:43	22.86	1	-	12	33:38