



11. SKS Bilstein Bike Marathon

Großalmerode / 20.07.2014

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Sowa, Gerd

□□□: 3:57:33

□□: Actionsports-Flyinglegs

□□: 21.72 km/h

□□: 2037

□□: 86.00 km

□□□□□/□□□: 19 (of 55)

Marathonstrecke mittel

□□□□□/□: 19 (of 49)

□□□□□□: 3:12:05

□□□□:

□□□□□: 6(of 20)

Masters 2

□□□□□□□: 3:23:43

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	20.20	59:20	20.22	6	9:43	22	11:32	20.20	59:20	20.22	14	-	49	
Roßbach	4.80	13:35	17.67	6	1:52	23	1:55	25.00	1:12:55	20.57	14	-	49	
Bilsteinturm	8.20	31:08	15.42	7	5:13	23	6:59	33.20	1:44:03	19.03	14	-	49	
Runde	9.00	11:43	46.09	5	0:59	16	1:00	42.20	1:55:46	21.77	14	-	49	
Vielarmiger Weg	20.20	1:03:06	19.02	6	10:32	19	14:15	62.40	2:58:52	20.80	14	-	41	
Roßbach	4.80	13:53	17.29	5	0:44	16	2:07	67.20	3:12:45	20.86	14	-	41	
Bilsteinturm	8.20	33:14	14.44	7	5:01	20	7:47	75.40	3:45:59	19.91	13	-	40	
□□	9.00	11:34	46.69	4	0:40	10	1:42	86.00	3:57:33	21.72	6	33:50	19	45:28