



11. SKS Bilstein Bike Marathon

Großalmerode / 20.07.2014

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Diederichs, Martin

□□□: 4:10:37

□□: SG Stern Kassel

□□: 20.59 km/h

□□: 2008

□□: 86.00 km

□□□□□/□□□: 24 (of 55)

Marathonstrecke mittel

□□□□□/□: 24 (of 49)

□□□□□□: 3:12:05

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□□□□□: 4(of 11)

Masters 3

□□□□□□□: 3:45:43

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	20.20	1:12:16	16.77	8	17:23	43	24:28	20.20	1:12:16	16.77	4	17:23	5	3:27
Roßbach	4.80	13:13	21.79	2	0:38	19	1:33	25.00	1:25:29	17.55	4	18:01	5	1:30
Bilsteinturm	8.20	31:52	15.44	4	3:30	24	7:43	33.20	1:57:21	16.97	4	21:31	5	
Runde	9.00	12:16	44.02	4	0:42	23	1:33	42.20	2:09:37	19.53	4	21:41	5	
Vielarmiger Weg	20.20	1:03:38	19.05	4	3:58	21	14:47	62.40	3:13:15	19.37	4	25:39	2	
Roßbach	4.80	13:39	21.10	3	0:08	12	1:53	67.20	3:26:54	19.49	4	25:47	3	
Bilsteinturm	8.20	31:54	15.42	1	-	14	6:27	75.40	3:58:48	18.94	4	25:15	3	
□□	9.00	11:49	45.70	2	0:01	14	1:57	86.00	4:10:37	20.59	4	24:54	24	58:32