



# 11. SKS Bilstein Bike Marathon

Großalmerode / 20.07.2014

□□□□

**Braun, Frank**

□□□: 4:41:29

□□: Ahlheim

□□: 18.33 km/h

□□: 2060

□□: 86.00 km

□□□□□/□□□: 39 (of 55)

Marathonstrecke mittel

□□□□□/□: 36 (of 49)

□□□□□□: 3:12:05

□□□□:

□□□□□: 14(of 20)

Masters 2

□□□□□□□: 3:23:43

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	20.20	1:08:51	17.43	16	19:14	40	21:03	20.20	1:08:51	17.43	6	7:35	18	0:02
Roßbach	4.80	15:34	15.42	18	3:51	47	3:54	25.00	1:24:25	17.77	6	8:57	18	0:26
Bilsteinturm	8.20	36:47	13.05	14	10:52	40	12:38	33.20	2:01:12	16.34	6	13:48	18	0:06
Runde	9.00	14:13	37.98	15	3:29	44	3:30	42.20	2:15:25	18.61	6	14:55	18	0:56
Vielarmiger Weg	20.20	1:16:29	15.69	13	23:55	34	27:38	62.40	3:31:54	17.56	6	10:00	15	4:34
Roßbach	4.80	16:22	14.66	12	3:13	32	4:36	67.20	3:48:16	17.61	6	9:16	15	3:20
Bilsteinturm	8.20	39:07	12.27	11	10:54	29	13:40	75.40	4:27:23	16.83	5	24:01	15	0:39
□□	9.00	14:06	38.30	14	3:12	36	4:14	86.00	4:41:29	18.33	14	1:17:46	36	1:29:24