



11. SKS Bilstein Bike Marathon

Großalmerode / 20.07.2014

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Wietzorek, Sonja

□□□: 5:07:49

□□: Prowell Germany

□□: 16.76 km/h

□□: 2045

□□: 86.00 km

□□□□□/□□□: 48 (of 55)

Marathonstrecke mittel

□□□□□/□: 6 (of 6)

□□□□□□: 4:24:20

□□□□:

□□□□□: 1(of 1)

Seniorinnen 2

□□□□□□□: 5:07:49

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	20.20	1:15:25	15.91	1	-	6	9:45	20.20	1:15:25	15.91	1	-	6	9:45
Roßbach	4.80	15:59	15.02	1	-	6	1:50	25.00	1:31:24	16.41	1	-	6	10:47
Bilsteinturm	8.20	40:30	11.85	1	-	6	5:56	33.20	2:11:54	15.01	1	-	6	16:21
Runde	9.00	14:06	38.30	1	-	5	1:05	42.20	2:26:00	17.26	1	-	6	17:09
Vielarmiger Weg	20.20	1:24:55	14.13	1	-	5	13:55	62.40	3:50:55	16.11	1	-	6	31:04
Roßbach	4.80	17:22	13.82	1	-	6	2:07	67.20	4:08:17	16.19	1	-	6	32:57
Bilsteinturm	8.20	45:41	10.51	1	-	6	9:50	75.40	4:53:58	15.31	1	-	6	42:47
□□	9.00	13:51	38.99	1	-	3	0:42	86.00	5:07:49	16.76	1	-	6	43:29