



11. SKS Bilstein Bike Marathon

Großalmerode / 20.07.2014

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Ten Have, Gys

□□: RTV de Zwaluwen

□□: 1022

□□: 129.00 km

Marathonstrecke lang

□□□□:

Herren

□□□: 5:46:15

□□: 22.35 km/h

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□□□□□□: 4:41:24

□□□□□: 3(of 5)

□□□□□□□: 4:41:24

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	20.20	54:51	21.88	4	7:02	9	7:04	20.20	54:51	21.88	3	7:02	11	4:13
Roßbach	4.80	12:36	19.05	4	0:50	9	0:53	25.00	1:07:27	22.24	3	7:32	11	4:54
Bilsteinturm	8.20	27:43	17.32	3	3:37	7	3:37	33.20	1:35:10	20.81	3	11:09	11	5:54
Runde	9.00	11:41	46.22	4	0:54	10	1:01	42.20	1:46:51	23.58	3	12:03	9	6:16
Vielarmiger Weg	20.20	58:59	20.34	3	10:05	8	10:08	62.40	2:45:50	22.43	3	22:08	7	22:08
Roßbach	4.80	13:19	18.02	4	1:34	8	1:35	67.20	2:59:09	22.44	3	23:42	7	23:42
Bilsteinturm	8.20	31:56	15.03	3	9:08	9	9:08	75.40	3:31:05	21.32	3	32:50	7	32:50
Runde	9.00	13:26	40.20	5	3:38	15	3:38	84.40	3:44:31	22.45	3	36:28	7	36:28
Vielarmiger Weg	20.20	1:03:43	18.83	3	16:28	9	16:28	104.60	4:48:14	21.65	3	52:56	7	52:56
Roßbach	4.80	14:15	16.84	4	2:46	10	2:46	109.40	5:02:29	21.62	3	55:42	7	55:42
Bilsteinturm	8.20	31:11	15.39	3	6:37	6	6:37	117.60	5:33:40	21.04	3	1:02:19	7	1:02:19
□□	9.00	12:35	42.91	4	2:32	11	2:32	129.00	5:46:15	22.35	3	1:04:51	7	1:04:51