



11. SKS Bilstein Bike Marathon

Großalmerode / 20.07.2014

□□□□

Lahme, Günther

□□: KSV Baunatal

□□: 1002

□□: 129.00 km

Marathonstrecke lang

□□□□:

Masters 2

□□□: 6:23:37

□□: 20.18 km/h

□□□□□/□□□: 14 (of 17)

□□□□□/□: 14 (of 17)

□□□□□□: 4:41:24

□□□□□: 4(of 4)

□□□□□□□: 5:22:53

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	20.20	1:02:05	19.33	4	11:21	15	14:18	20.20	1:02:05	19.33	4	11:21	4	11:27
Roßbach	4.80	13:33	17.71	2	1:47	12	1:50	25.00	1:15:38	19.83	4	13:08	4	13:05
Bilsteinturm	8.20	32:03	14.98	4	3:51	15	7:57	33.20	1:47:41	18.39	4	16:59	4	18:25
Runde	9.00	11:58	45.13	3	1:18	12	1:18	42.20	1:59:39	21.06	4	18:17	4	19:04
Vielarmiger Weg	20.20	1:07:17	17.84	3	13:05	13	18:26	62.40	3:06:56	19.90	4	31:22	14	43:14
Roßbach	4.80	14:17	16.80	4	1:59	13	2:33	67.20	3:21:13	19.98	4	33:21	14	45:46
Bilsteinturm	8.20	34:38	13.86	4	6:23	14	11:50	75.40	3:55:51	19.08	4	39:44	14	57:36
Runde	9.00	12:32	43.09	4	1:28	10	2:44	84.40	4:08:23	20.29	4	41:12	14	1:00:20
Vielarmiger Weg	20.20	1:11:44	16.73	4	13:06	14	24:29	104.60	5:20:07	19.49	4	54:18	14	1:24:49
Roßbach	4.80	14:32	16.51	4	1:00	11	3:03	109.40	5:34:39	19.54	4	55:18	14	1:27:52
Bilsteinturm	8.20	36:34	13.13	4	4:26	14	12:00	117.60	6:11:13	18.91	4	59:44	14	1:39:52
□□	9.00	12:24	43.55	3	1:00	10	2:21	129.00	6:23:37	20.18	4	1:00:44	14	1:42:13