



11. SKS Bilstein Bike Marathon

Großalmerode / 20.07.2014

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Lange, Dirk

□□: Bad Salzdetfurth

□□: 1003

□□: 129.00 km

Marathonstrecke lang

□□□□:

Masters 3

□□□: 6:42:21

□□: 19.24 km/h

□□□□□/□□□: 15 (of 17)

□□□□□/□: 15 (of 17)

□□□□□□: 4:41:24

□□□□□: 2 (of 3)

□□□□□□□: 6:08:01

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	20.20	1:02:13	19.29	2	3:39	16	14:26	20.20	1:02:13	19.29	2	3:39	3	11:35
Roßbach	4.80	13:29	17.80	1	-	11	1:46	25.00	1:15:42	19.82	2	3:11	3	13:09
Bilsteinturm	8.20	32:54	14.59	2	1:42	16	8:48	33.20	1:48:36	18.23	2	4:53	3	19:20
Runde	9.00	12:35	42.91	2	0:45	15	1:55	42.20	2:01:11	20.79	2	5:38	3	20:36
Vielarmiger Weg	20.20	1:09:18	17.32	2	7:12	14	20:27	62.40	3:10:29	19.53	2	12:50	15	46:47
Roßbach	4.80	14:19	16.76	1	-	14	2:35	67.20	3:24:48	19.63	2	12:48	15	49:21
Bilsteinturm	8.20	37:55	12.66	2	5:10	15	15:07	75.40	4:02:43	18.54	2	17:58	15	1:04:28
Runde	9.00	13:27	40.15	3	0:49	16	3:39	84.40	4:16:10	19.67	2	18:47	15	1:08:07
Vielarmiger Weg	20.20	1:17:19	15.52	2	9:45	15	30:04	104.60	5:33:29	18.71	2	28:32	15	1:38:11
Roßbach	4.80	15:41	15.30	2	0:55	14	4:12	109.40	5:49:10	18.73	2	29:27	15	1:42:23
Bilsteinturm	8.20	40:48	11.76	2	5:35	15	16:14	117.60	6:29:58	18.00	2	35:02	15	1:58:37
□□	9.00	12:23	43.61	1	-	9	2:20	129.00	6:42:21	19.24	2	34:20	15	2:00:57