



11. SKS Bilstein Bike Marathon

Großalmerode / 20.07.2014

□□□□

Lessig, Dieter

□□: Dynamo Waldschreck

□□: 1023

□□: 129.00 km

Marathonstrecke lang

□□□□:

Masters 3

□□□: 6:55:21

□□: 18.63 km/h

□□□□□/□□□: 16 (of 17)

□□□□□/□: 16 (of 17)

□□□□□□: 4:41:24

□□□□□: 3(of 3)

□□□□□□□: 6:08:01

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Vielarmiger Weg	20.20	1:02:44	19.32	3	4:10	17	14:57	20.20	1:02:44	19.32	3	4:10	2	12:06
Roßbach	4.80	14:25	19.98	3	0:56	17	2:42	25.00	1:17:09	19.44	3	4:38	2	14:36
Bilsteinturm	8.20	35:10	13.99	3	3:58	17	11:04	33.20	1:52:19	17.74	3	8:36	2	23:03
Runde	9.00	13:11	40.96	3	1:21	17	2:31	42.20	2:05:30	20.18	3	9:57	2	24:55
Vielarmiger Weg	20.20	1:12:06	16.81	3	10:00	15	23:15	62.40	3:17:36	18.95	3	19:57	16	53:54
Roßbach	4.80	15:43	18.32	3	1:24	16	3:59	67.20	3:33:19	18.90	3	21:19	16	57:52
Bilsteinturm	8.20	38:02	12.94	3	5:17	16	15:14	75.40	4:11:21	18.00	3	26:36	16	1:13:06
Runde	9.00	12:56	41.75	2	0:18	13	3:08	84.40	4:24:17	19.16	3	26:54	16	1:16:14
Vielarmiger Weg	20.20	1:18:58	15.35	3	11:24	16	31:43	104.60	5:43:15	18.28	3	38:18	16	1:47:57
Roßbach	4.80	16:47	17.16	3	2:01	15	5:18	109.40	6:00:02	18.23	3	40:19	16	1:53:15
Bilsteinturm	8.20	41:16	11.92	3	6:03	16	16:42	117.60	6:41:18	17.58	3	46:22	16	2:09:57
□□	9.00	14:03	38.43	3	1:40	16	4:00	129.00	6:55:21	18.63	3	47:20	16	2:13:57