



bewegungsWELT bike-marathon
 Arnstadt (Marktplatz) / 27.09.2015

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Bärwald, Ralf

□□: BMK Saletal Team
 □□: 360

□□: 54.00 km
 Ambitioniert

□□□□:
 Senioren 2

□□□: 3:29:16

□□: 15.48 km/h

□□□□□/□□□: 37 (of 60)

□□□□□/□: 36 (of 59)

□□□□□□: 2:24:01

□□□□□: 14(of 26)

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
K2 - Neutorturm	-	1:39	-	18	0:44	38	0:45	-	1:39	-	27	0:44	25	0:45
K3 - Schleife A	-	19:42	-	18	5:36	44	5:57	-	21:21	-	27	6:18	60	6:41
Runde	-	22:02	-	16	5:19	39	5:19	-	43:23	-	27	11:37	60	11:43
K2 - Neutorturm	-	1:07	-	19	0:24	43	0:24	-	44:30	-	27	12:01	60	12:03
K5 - Schleife B 1	-	28:47	-	12	7:49	33	7:49	-	1:13:17	-	26	19:50	59	19:50
K6 - Schleife B 2	-	13:08	-	14	3:38	35	3:46	-	1:26:25	-	26	23:28	59	23:28
K7 - Schleife B 3	-	5:50	-	17	1:10	40	1:10	-	1:32:15	-	26	24:38	59	24:38
Runde	-	28:12	-	15	8:13	37	8:18	-	2:00:27	-	27	32:51	60	32:51
K2 - Neutorturm	-	1:02	-	9	0:12	25	0:13	-	2:01:29	-	26	33:01	58	33:01
K5 - Schleife B 1	-	29:26	-	10	8:09	25	8:09	-	2:30:55	-	26	41:10	58	41:10
K6 - Schleife B 2	-	16:01	-	16	6:39	39	6:41	-	2:46:56	-	26	47:49	58	47:49
K7 - Schleife B 3	-	5:50	-	10	1:12	26	1:12	-	2:52:46	-	26	49:01	58	49:01
Marktplatz	-	36:30	-	22	16:14	51	16:14	54.00	3:29:16	-	14	1:05:15	36	1:05:15