



bewegungsWELT bike-marathon

Arnstadt (Marktplatz) / 27.09.2015

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Fricke, Lars Erik

□□: AC Apolda

□□: 283

□□: 75.00 km

Expert

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Senioren 1

□□□: 3:30:17

□□: 21.40 km/h

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□□□□□□: 3:14:08

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
K2 - Neutorturm	-	1:06	-	7	0:12	21	0:13	-	1:06	-	15	0:12	31	0:13
K3 - Schleife A	-	13:58	-	3	0:31	7	0:31	-	15:04	-	15	0:43	31	0:43
Runde	-	16:47	-	2	0:25	2	0:25	-	31:51	-	15	1:08	31	1:08
K2 - Neutorturm	-	0:47	-	4	0:03	9	0:03	-	32:38	-	15	1:11	5	1:11
K5 - Schleife B 1	-	21:02	-	2	0:39	2	0:39	-	53:40	-	15	1:50	31	1:50
K6 - Schleife B 2	-	9:22	-	2	0:10	2	0:10	-	1:03:02	-	15	2:00	30	2:00
K7 - Schleife B 3	-	5:09	-	10	0:26	15	0:31	-	1:08:11	-	15	2:26	31	2:26
Runde	-	20:36	-	2	1:25	6	1:25	-	1:28:47	-	15	3:51	31	3:51
K2 - Neutorturm	-	0:28	-	1	-	1	-	-	1:29:15	-	15	3:31	31	3:31
K5 - Schleife B 1	-	24:30	-	7	3:55	17	3:55	-	1:53:45	-	15	7:26	31	7:26
K6 - Schleife B 2	-	10:07	-	3	1:08	6	1:08	-	2:03:52	-	15	8:34	30	8:34
K7 - Schleife B 3	-	4:50	-	3	0:14	4	0:14	-	2:08:42	-	15	8:48	31	8:48
Runde	-	21:35	-	5	2:19	10	2:19	-	2:30:17	-	15	11:07	31	11:07
K2 - Neutorturm	-	1:09	-	12	0:22	24	0:22	-	2:31:26	-	14	11:29	30	11:29
K5 - Schleife B 1	-	22:59	-	2	2:12	4	2:12	-	2:54:25	-	15	13:41	31	13:41
K6 - Schleife B 2	-	10:12	-	3	1:08	7	1:08	-	3:04:37	-	15	14:49	31	14:49
K7 - Schleife B 3	-	4:08	-	1	-	1	-	-	3:08:45	-	15	14:21	31	14:21
Marktplatz	-	21:32	-	4	1:48	10	1:48	75.00	3:30:17	-	3	16:09	7	16:09