



bewegungsWELT bike-marathon

Arnstadt (Marktplatz) / 27.09.2015

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Lichan, Ralf

□□□: 3:34:57

□□: 15.07 km/h

□□: 340

□□: 54.00 km

Ambitioniert

□□□□□/□□□: 45 (of 60)

□□□□□/□: 44 (of 59)

□□□□□□: 2:24:01

□□□□:

Senioren 2

□□□□□: 19(of 26)

□□□□□□□: 2:24:01

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
K2 - Neutorturm	-	1:26	-	13	0:31	28	0:32	-	1:26	-	27	0:31	60	0:32
K3 - Schleife A	-	18:04	-	13	3:58	33	4:19	-	19:30	-	27	4:27	60	4:50
Runde	-	21:23	-	12	4:40	32	4:40	-	40:53	-	27	9:07	60	9:13
K2 - Neutorturm	-	1:02	-	12	0:19	32	0:19	-	41:55	-	27	9:26	60	9:28
K5 - Schleife B 1	-	30:40	-	16	9:42	41	9:42	-	1:12:35	-	26	19:08	59	19:08
K6 - Schleife B 2	-	13:20	-	15	3:50	37	3:58	-	1:25:55	-	12	22:58	33	22:58
K7 - Schleife B 3	-	5:55	-	20	1:15	43	1:15	-	1:31:50	-	26	24:13	59	24:13
Runde	-	27:32	-	13	7:33	34	7:38	-	1:59:22	-	27	31:46	60	31:46
K2 - Neutorturm	-	1:05	-	11	0:15	30	0:16	-	2:00:27	-	26	31:59	58	31:59
K5 - Schleife B 1	-	34:11	-	19	12:54	42	12:54	-	2:34:38	-	26	44:53	58	44:53
K6 - Schleife B 2	-	16:09	-	18	6:47	41	6:49	-	2:50:47	-	26	51:40	58	51:40
K7 - Schleife B 3	-	6:20	-	19	1:42	42	1:42	-	2:57:07	-	26	53:22	58	53:22
Marktplatz	-	37:50	-	24	17:34	53	17:34	54.00	3:34:57	-	19	1:10:56	44	1:10:56