



# bewegungsWELTEN mountainbiking

Arnstadt (Marktplatz) / 23.09.2018

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Lichan, Ralf

□□□: 3:20:00

□□: 16.20 km/h

□□: 640

□□: 54.00 km

Ambitioniert

□□□□□/□□□: 12 (of 25)

□□□□□/□: 10 (of 20)

□□□□□□: 2:25:43

□□□□:

Senioren II

□□□□□: 3(of 6)

□□□□□□□: 3:04:55

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
K3 - Schleife A	5.50	18:44	17.62	3	0:37	8	3:42	5.50	18:44	17.62	3	0:37	8	3:42
K2 Runde	6.50	20:58	18.60	3	0:52	12	3:51	12.00	39:42	18.14	3	1:28	10	7:33
K5 - Schleife B 1	8.00	31:59	15.01	5	3:42	15	10:04	20.00	1:11:41	16.74	3	4:57	10	17:37
K6 - Schleife B 2	3.00	14:10	12.71	4	1:16	13	4:21	23.00	1:25:51	16.07	3	6:10	9	21:58
K7 - Schleife B 3	3.00	5:47	31.12	5	0:49	18	1:23	26.00	1:31:38	17.02	3	6:52	10	23:21
K2 Runde	7.00	26:59	15.57	3	1:08	12	6:48	33.00	1:58:37	16.69	3	8:00	10	30:09
K5 - Schleife B 1	8.00	33:00	14.55	4	3:21	11	10:28	41.00	2:31:37	16.23	3	11:21	10	40:37
K6 - Schleife B 2	3.00	14:53	12.09	3	1:21	9	4:51	44.00	2:46:30	15.86	3	12:42	10	45:28
K7 - Schleife B 3	3.00	5:38	31.95	2	0:27	11	1:14	47.00	2:52:08	16.38	3	13:09	10	46:42
Marktplatz	7.00	27:52	15.07	2	1:56	9	7:35	54.00	3:20:00	16.20	3	15:05	10	54:17