



# bewegungswELTEN mountainbiking

Arnstadt (Marktplatz) / 23.09.2018

□□□□

Hellmich, Jens

□□□: 5:06:07

□□: privat

□□: 14.70 km/h

□□: 210

□□: 75.00 km

□□□□□/□□□: 12 (of 12)

Expert

□□□□□/□: 12 (of 12)

□□□□□□: 3:26:21

□□□□:

□□□□□: 6(of 6)

Senioren II

□□□□□□□: 3:26:21

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
K3 - Schleife A	5.50	23:27	12.79	6	8:13	12	8:13	5.50	23:27	12.79	6	8:13	12	8:13
K2 Runde	6.50	23:00	15.65	6	6:03	12	6:03	12.00	46:27	15.50	6	14:16	12	14:16
K5 - Schleife B 1	8.00	34:12	14.04	6	12:10	12	12:10	20.00	1:20:39	14.88	6	26:26	12	26:26
K6 - Schleife B 2	3.00	14:18	12.59	6	4:10	12	4:10	23.00	1:34:57	14.53	6	30:36	12	30:36
K7 - Schleife B 3	3.00	6:06	29.51	6	1:38	12	1:38	26.00	1:41:03	15.44	6	32:14	12	32:14
K2 Runde	7.00	27:32	15.25	5	7:01	11	7:01	33.00	2:08:35	15.40	6	39:15	12	39:15
K5 - Schleife B 1	8.00	36:56	13.00	6	14:00	12	14:00	41.00	2:45:31	14.86	6	53:15	12	53:15
K6 - Schleife B 2	3.00	16:00	11.25	6	5:45	12	5:45	44.00	3:01:31	14.54	6	59:00	12	59:00
K7 - Schleife B 3	3.00	6:14	28.88	6	1:47	12	1:47	47.00	3:07:45	15.02	6	1:00:47	12	1:00:47
K2 Runde	7.00	28:58	14.50	5	8:21	11	8:21	54.00	3:36:43	14.95	6	1:09:08	12	1:09:08
K5 - Schleife B 1	8.00	38:00	12.63	6	14:58	12	14:58	62.00	4:14:43	14.60	6	1:24:06	12	1:24:06
K6 - Schleife B 2	3.00	15:44	11.44	5	5:20	11	5:20	65.00	4:30:27	14.42	6	1:29:26	12	1:29:26
K7 - Schleife B 3	3.00	6:19	28.50	6	1:46	12	1:46	68.00	4:36:46	14.74	6	1:31:12	12	1:31:12
Marktplatz	7.00	29:21	14.31	5	8:34	11	8:34	75.00	5:06:07	14.70	6	1:39:46	12	1:39:46