



# bewegungsWELT bike-marathon

Arnstadt (Marktplatz) / 29.09.2019

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**Koßack, Holger**

□□: Focus RAPIRO Racing

□□: 515

□□: 54.00 km

Ambitioniert

□□□□:

Senioren II

□□□: 3:03:33

□□: 17.65 km/h

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□□□□□/□: 22 (of 50)

□□□□□□: 2:21:39

□□□□□: 9(of 22)

□□□□□□□: 2:30:01

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
K3 - Schleife A	5.50	16:51	17.80	14	3:08	29	3:09	5.50	16:51	17.80	14	3:08	29	3:09
K2 Runde	6.50	22:14	16.19	11	3:30	27	4:25	12.00	39:05	18.42	10	6:38	25	7:34
K5 - Schleife B 1	8.00	28:35	16.79	11	5:04	26	6:14	20.00	1:07:40	17.73	10	11:42	26	13:47
K6 - Schleife B 2	3.00	13:04	13.78	14	2:45	31	3:11	23.00	1:20:44	17.09	11	14:27	27	16:57
K7 - Schleife B 3	3.00	4:45	37.89	5	0:17	12	0:30	26.00	1:25:29	18.25	10	14:34	25	17:27
K2 Runde	7.00	23:44	17.70	6	3:43	19	5:06	33.00	1:49:13	18.13	9	18:17	22	22:33
K5 - Schleife B 1	8.00	30:23	15.80	9	6:07	24	7:32	41.00	2:19:36	17.62	9	24:24	22	30:01
K6 - Schleife B 2	3.00	13:59	12.87	11	3:39	27	4:04	44.00	2:33:35	17.19	9	28:03	22	34:05
K7 - Schleife B 3	3.00	5:06	35.29	8	0:25	19	0:50	47.00	2:38:41	17.77	9	28:23	22	34:55
Marktplatz	7.00	24:52	16.89	7	5:09	19	6:59	54.00	3:03:33	17.65	9	33:32	22	41:54