



# bewegungsWELT bike-marathon

Arnstadt (Marktplatz) / 29.09.2019

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Ralf, Lichan

□□□: 3:14:03

□□: 16.70 km/h

□□: 624

□□: 54.00 km

Ambitioniert

□□□□□/□□□: 33 (of 52)

□□□□□/□: 33 (of 50)

□□□□□□: 2:21:39

□□□□:

Senioren II

□□□□□: 15(of 22)

□□□□□□□: 2:30:01

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
K3 - Schleife A	5.50	16:42	17.96	12	2:59	27	3:00	5.50	16:42	17.96	12	2:59	27	3:00
K2 Runde	6.50	22:24	16.07	12	3:40	28	4:35	12.00	39:06	18.41	11	6:39	26	7:35
K5 - Schleife B 1	8.00	29:58	16.02	17	6:27	36	7:37	20.00	1:09:04	17.37	13	13:06	30	15:11
K6 - Schleife B 2	3.00	12:59	13.86	13	2:40	30	3:06	23.00	1:22:03	16.82	13	15:46	31	18:16
K7 - Schleife B 3	3.00	5:25	33.23	18	0:57	39	1:10	26.00	1:27:28	17.84	13	16:33	30	19:26
K2 Runde	7.00	25:59	16.16	15	5:58	34	7:21	33.00	1:53:27	17.45	13	22:31	30	26:47
K5 - Schleife B 1	8.00	34:14	14.02	20	9:58	39	11:23	41.00	2:27:41	16.66	15	32:29	32	38:06
K6 - Schleife B 2	3.00	14:59	12.01	18	4:39	36	5:04	44.00	2:42:40	16.23	15	37:08	32	43:10
K7 - Schleife B 3	3.00	5:28	32.93	15	0:47	33	1:12	47.00	2:48:08	16.77	15	37:50	32	44:22
Marktplatz	7.00	25:55	16.21	13	6:12	29	8:02	54.00	3:14:03	16.70	15	44:02	33	52:24