



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 |