



bewegungsWELT bike-marathon

Arnstadt (Marktplatz) / 29.09.2019

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Haak, Joerg

□□: Geschwenda

□□: 511

□□: 54.00 km

Ambitioniert

□□□□:

Senioren II

□□□: 3:27:34

□□: 15.61 km/h

□□□□□/□□□: 41 (of 52)

□□□□□/□: 40 (of 50)

□□□□□□: 2:21:39

□□□□□: 19(of 22)

□□□□□□□: 2:30:01

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
K3 - Schleife A	5.50	18:10	16.51	20	4:27	42	4:28	5.50	18:10	16.51	20	4:27	42	4:28
K2 Runde	6.50	28:07	12.80	20	9:23	48	10:18	12.00	46:17	15.56	20	13:50	46	14:46
K5 - Schleife B 1	8.00	31:25	15.28	20	7:54	43	9:04	20.00	1:17:42	15.44	20	21:44	44	23:49
K6 - Schleife B 2	3.00	15:02	11.97	21	4:43	45	5:09	23.00	1:32:44	14.88	20	26:27	44	28:57
K7 - Schleife B 3	3.00	5:53	30.59	22	1:25	47	1:38	26.00	1:38:37	15.82	21	27:42	44	30:35
K2 Runde	7.00	26:43	15.72	19	6:42	42	8:05	33.00	2:05:20	15.80	21	34:24	44	38:40
K5 - Schleife B 1	8.00	33:06	14.50	16	8:50	34	10:15	41.00	2:38:26	15.53	20	43:14	43	48:51
K6 - Schleife B 2	3.00	15:22	11.71	19	5:02	39	5:27	44.00	2:53:48	15.19	20	48:16	42	54:18
K7 - Schleife B 3	3.00	6:09	29.27	21	1:28	45	1:53	47.00	2:59:57	15.67	20	49:39	42	56:11
Marktplatz	7.00	27:37	15.21	17	7:54	36	9:44	54.00	3:27:34	15.61	19	57:33	40	1:05:55