



bewegungsWELT bike-marathon

Arnstadt (Marktplatz) / 29.09.2019

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Spiegel, Stefan

□□: Rhöner WSV

□□: 655

□□: 33.00 km

Hobby

□□□□:

Senioren II

□□□: 1:48:09

□□: 18.31 km/h

□□□□□/□□□: 23 (of 82)

□□□□□/□: 23 (of 75)

□□□□□□: 1:30:10

□□□□□: 8(of 35)

□□□□□□□: 1:33:57

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
K3 - Schleife A	5.50	15:34	19.27	5	1:40	17	1:50	5.50	15:34	19.27	5	1:40	17	1:50
K2 Runde	6.50	22:49	15.78	13	3:31	29	4:24	12.00	38:23	18.76	6	5:10	21	6:07
K5 - Schleife B 1	8.00	28:16	16.98	8	3:52	22	5:04	20.00	1:06:39	18.00	7	9:02	21	11:03
K6 - Schleife B 2	3.00	12:43	14.15	8	1:53	22	2:37	23.00	1:19:22	17.39	8	10:55	23	13:33
K7 - Schleife B 3	3.00	4:50	37.24	6	0:12	15	0:23	26.00	1:24:12	18.53	8	11:06	23	13:53
Marktplatz	7.00	23:57	17.54	7	3:06	20	4:06	33.00	1:48:09	18.31	8	14:12	23	17:59