Rundenzeiten Cross

RADSPORTVERBAND NIEDERSACHSEN E.V.

| Zeit | 2 | 3 | 4 | **5** | 6 | 7 | 8 | 9 | **10** | 11 | 12 | 13 | 14 | **15** | 16 | 17 | 18 | 19 | 20 |
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| **3:05** | 6:10 | **9:15** | 12:20 | **15:25** | 18:30 | **21:35** | 24:40 | **27:45** | 30:50 | **33:55** | 37:00 | **40:05** | 43:10 | **46:15** | 49:20 | **52:25** | 55:30 | **58:35** | 1:01.40 |
| **3:15** | 6:30 | **9:45** | 13:00 | **16:15** | 19:30 | **22:45** | 26:00 | **29:15** | 32:30 | **35:45** | 39:00 | **42:15** | 45:30 | **48:45** | 52:00 | **55:15** | 58:30 | **01:45** | 05:00 |
| **3:30** | 7:00 | **10:30** | 14:00 | **17:30** | 21:00 | **24:30** | 28:00 | **31:30** | 35:00 | **38:30** | 42:00 | **45:30** | 49:00 | **52:30** | 56:00 | **59:30** | 03:00 | **06:30** | |
| **3:40** | 7:20 | **11:00** | 14:40 | **18:20** | 22:00 | **25:40** | 29:20 | **33:00** | 36:40 | **40:20** | 45:00 | **48:40** | 52:20 | **57:00** | 00:40 | **04:20** | | | |
| **3:50** | 7:40 | **11:30** | 15:20 | **19:10** | 23:00 | **26:50** | 30:40 | **34:30** | 38:20 | **42:10** | 46:00 | **49:50** | 53:40 | **57:30** | 01:20 | **05:10** | | | |
| **4:00** | 8:00 | **12:00** | 16:00 | **20:00** | 24:00 | **28:00** | 32:00 | **36:00** | 40:00 | **44:00** | 48:00 | **52:00** | 56:00 | **00:00** | 04:00 | | | | |
| **4:10** | 8:20 | **12:30** | 16:30 | **20:40** | 24:50 | **29:00** | 33:10 | **37:20** | 41:30 | **45:40** | 49:50 | **54:00** | 58:10 | **02:20** | 06:30 | | | | |
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| **4:30** | 9:00 | **13:30** | 18:00 | **22:30** | 27:00 | **31:30** | 36:00 | **40:30** | 45:00 | **49:30** | 54:00 | **58:30** | 03:00 | **07:30** | | | | | |
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| **5:00** | 10:00 | **15:00** | 20:00 | **25:00** | 30:00 | **35:00** | 40:00 | **45:00** | 50:00 | **55:00** | 00:00 | **05:00** | | | | | | | |
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| **6:50** | 13:40 | **20:30** | 27:20 | **34:10** | 41:00 | **47:50** | 54:40 | **01:30** | 08:20 | | | | | | | | | | |
| **7:00** | 14:00 | **21:00** | 28:00 | **35:00** | 42:00 | **49:00** | 56:00 | **03:00** | 10:00 | | | | | | | | | | |
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