



3. Staffellauf - Rund um Arnstadt

Arnstadt / 18.05.2024

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Trailrunning-Crew Thüringen 1

□□□: 4:07:03

□□: Club Trailrunning-Crew Thüringen 1

□□: 14.33 km/h

□□: 7

□□□□: 4:07 min/km

□□: 59.80 km

Rund um Arnstadt

□□□□□: 1 (of 13)

□□□□□□: 4:07:03

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□□□□□: 1(of 10)

Männerstaffel

□□□□□□□: 4:07:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Rudisleben	6.60	24:37	3:43	1	-	1	-	6.60	24:37	3:43	1	-	1	-
Marlishausen	7.80	30:54	3:57	1	-	1	-	14.40	55:31	3:51	1	-	1	-
Angelhausen	6.00	24:33	4:05	2	0:11	2	0:11	20.40	1:20:04	3:55	1	-	1	-
Roda	7.30	31:32	4:19	1	-	1	-	27.70	1:51:36	4:01	1	-	1	-
Neuroda	6.80	29:12	4:17	1	-	1	-	34.50	2:20:48	4:04	1	-	1	-
Reinsfeld	10.30	43:23	4:12	2	0:31	2	0:31	44.80	3:04:11	4:06	1	-	1	-
Dosdorf	7.00	30:01	4:17	3	2:37	3	2:37	51.80	3:34:12	4:08	1	-	1	-
Marktplatz Arnst:	8.00	32:51	4:06	1	-	1	-	59.80	4:07:03	4:07	1	-	1	-