



3. Staffellauf - Rund um Arnstadt

Arnstadt / 18.05.2024

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Trailrunning-Crew Thüringen 3

□□: Club Trailrunning-Crew Thüringen 3

□□: 8

□□: 59.80 km

Rund um Arnstadt

□□□□:

Männerstaffel

□□□: 4:36:19

□□: 12.81 km/h

□□□□: 4:37 min/km

□□□□□: 5 (of 13)

□□□□□□: 4:07:03

□□□□□: 5(of 10)

□□□□□□□: 4:07:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Rudisleben	6.60	27:20	4:08	2	2:43	3	2:43	6.60	27:20	4:08	11	2:43	14	2:43
Marlishausen	7.80	32:47	4:12	2	1:53	2	1:53	14.40	1:00:07	4:10	11	4:36	14	4:36
Angelhausen	6.00	26:03	4:20	3	1:41	3	1:41	20.40	1:26:10	4:13	11	6:06	14	6:06
Roda	7.30	36:01	4:56	5	4:29	6	4:29	27.70	2:02:11	4:24	11	10:35	14	10:35
Neuroda	6.80	34:36	5:05	5	5:24	7	5:24	34.50	2:36:47	4:32	11	15:59	14	15:59
Reinsfeld	10.30	47:22	4:35	6	4:30	6	4:30	44.80	3:24:09	4:33	11	19:58	14	19:58
Dosdorf	7.00	32:00	4:34	6	4:36	6	4:36	51.80	3:56:09	4:33	11	21:57	14	21:57
Marktplatz Arnst:	8.00	40:10	5:01	6	7:19	7	7:19	59.80	4:36:19	4:37	5	29:16	5	29:16