



6. Town&Country Pummälzlauf

Hainich/Rennsteig/Rhön - Keltenbad Bad Salzungen / 06.06.2009

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Nennstiel, Frank

□□□: 4:04:45

□□: First Fitness

□□: 19.37 km/h

□□: 121

□□□□: 3:06 min/km

□□: 79.00 km

□□□□□/□□□: 53 (of 65)

Rhön Crossbike

□□□□□/□: 47 (of 54)

□□□□□□: 2:28:45

□□□□:

□□□□□: 47(of 54)

Crossbike männlich

□□□□□□□: 2:28:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Geisa Stern	38.20	1:48:30	2:50	47	40:29	47	40:29	38.20	1:48:30	2:50	54	10:28	54	10:28
Point Alpha	1.70	14:37	8:35	48	8:03	48	8:03	39.90	2:03:07	3:05	54	12:46	54	12:46
Vacha/ Werrabrü	18.30	1:00:12	3:17	49	26:12	49	26:12	58.20	3:03:19	3:08	54	19:54	54	19:54
Dorndorf/Kirsting	3.70	10:48	2:55	47	4:01	47	4:01	61.90	3:14:07	3:08	54	20:26	54	20:26
□□	17.10	50:38	2:57	42	18:03	42	18:03	79.00	4:04:45	3:05	47	1:36:00	47	1:36:00