



3. Via Solutions Wartburg Staffellauf

Vom Pumpälzsteg zur Wartburg und zurück / 18.09.2010

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Laufburschen

□□: Laufburschen

□□: 29

□□: 54.40 km

Lauf Männer

□□□□:

Staffel

□□□: 4:27:58

□□: 12.09 km/h

□□□□: 4:56 min/km

□□□□□: 11 (of 14)

□□□□□□: 3:24:36

□□□□□: 11(of 14)

□□□□□□□: 3:24:36

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□□□

| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ | □□ |
|--------------|----------|-----------------|---------|---------|-----------|-----------|-------|-------|---------|------|----|---------|----|---------|
| Pumpälzsteg | 11.20 | 57:09 | 5:06 | 12 | 14:41 | 12 | 14:41 | 11.20 | 57:09 | 5:06 | 11 | 14:41 | 11 | 14:41 |
| Hubertushaus | 10.80 | 53:25 | 4:56 | 11 | 11:26 | 11 | 11:26 | 22.00 | 1:50:34 | 5:01 | 11 | 26:07 | 11 | 26:07 |
| Wartburg | 10.80 | 53:12 | 4:55 | 10 | 14:19 | 10 | 14:19 | 32.80 | 2:43:46 | 4:59 | 11 | 40:26 | 11 | 40:26 |
| Hubertushaus | 10.80 | 59:33 | 5:30 | 12 | 17:27 | 12 | 17:27 | 43.60 | 3:43:19 | 5:07 | 11 | 57:53 | 11 | 57:53 |
| Ziel | 10.80 | 44:39 | 4:08 | 6 | 6:36 | 6 | 6:36 | 54.40 | 4:27:58 | 4:55 | 11 | 1:03:22 | 11 | 1:03:22 |