



### 3. Via Solutions Wartburg Staffellauf

Vom Pumpälzsteg zur Wartburg und zurück / 18.09.2010

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#### Wartburg-Sparkasse

□□: Wartburg-Sparkasse

□□: 13

□□: 54.40 km

Lauf Frauen

□□□□:

Staffel

□□□: 5:34:21

□□: 9.76 km/h

□□□□: 6:09 min/km

□□□□□: 1 (of 2)

□□□□□□: 5:34:21

□□□□□: 1(of 2)

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| □□□          | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□   | □□□     | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|--------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|------|---------|---------|-----------|-----------|
| Pumpälzsteg  | 11.20    | 1:02:22  | 5:34         | 2       | 2:09    | 2         | 2:09      | 11.20 | 1:02:22 | 5:34 | 1       | -       | 1         | -         |
| Hubertushaus | 10.80    | 1:01:46  | 5:43         | 1       | -       | 1         | -         | 22.00 | 2:04:08 | 5:38 | 1       | -       | 1         | -         |
| Wartburg     | 10.80    | 1:14:00  | 6:51         | 2       | 19:30   | 2         | 19:30     | 32.80 | 3:18:08 | 6:02 | 1       | -       | 1         | -         |
| Hubertushaus | 10.80    | 1:09:15  | 6:24         | 1       | -       | 1         | -         | 43.60 | 4:27:23 | 6:07 | 1       | -       | 1         | -         |
| Ziel         | 10.80    | 1:06:58  | 6:12         | 2       | 4:45    | 2         | 4:45      | 54.40 | 5:34:21 | 6:08 | 1       | -       | 1         | -         |