



3. Via Solutions Wartburg Staffellauf

Vom Pumpälzsteg zur Wartburg und zurück / 18.09.2010

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PumpälzII

□□: PumpälzIII

□□: 17

□□: 54.40 km

Nordic Walking Frauen

□□□□:

Staffel

□□□: 7:35:52

□□: 7.11 km/h

□□□□: 8:23 min/km

□□□□□: 2 (of 3)

□□□□□□: 7:16:29

□□□□□: 2(of 3)

□□□□□□□: 7:16:29

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|--------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|------|---------|---------|-----------|-----------|
| Pumpälzsteg | 11.20 | 1:31:57 | 8:12 | 1 | - | 1 | - | 11.20 | 1:31:57 | 8:12 | 4 | - | 4 | - |
| Hubertushaus | 10.80 | 1:30:00 | 8:19 | 2 | 12:00 | 2 | 12:00 | 22.00 | 3:01:57 | 8:16 | 4 | 8:48 | 4 | 8:48 |
| Wartburg | 10.80 | 1:31:50 | 8:30 | 2 | 6:43 | 2 | 6:43 | 32.80 | 4:33:47 | 8:20 | 4 | 15:31 | 4 | 15:31 |
| Hubertushaus | 10.80 | 1:34:06 | 8:42 | 2 | 10:34 | 2 | 10:34 | 43.60 | 6:07:53 | 8:26 | 4 | 26:05 | 4 | 26:05 |
| Ziel | 10.80 | 1:27:59 | 8:08 | 1 | - | 1 | - | 54.40 | 7:35:52 | 8:22 | 2 | 19:23 | 2 | 19:23 |