



3. Via Solutions Wartburg Staffellauf

Vom Pumpälzsteg zur Wartburg und zurück / 18.09.2010

□□□□

PumpälzIII

□□: PumpälzIII

□□: 15

□□: 54.40 km

Nordic Walking Männer

□□□□:

Staffel

□□□: 7:07:41

□□: 7.58 km/h

□□□□: 7:52 min/km

□□□□□: 2 (of 2)

□□□□□□: 7:05:57

□□□□□: 2(of 2)

□□□□□□□: 7:05:57

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Pumpälzsteg	11.20	1:35:11	8:29	1	-	1	-	11.20	1:35:11	8:29	3	-	3	-
Hubertushaus	10.80	1:20:00	7:24	2	3:12	2	3:12	22.00	2:55:11	7:57	3	3:11	3	3:11
Wartburg	10.80	1:29:11	8:15	2	2:52	2	2:52	32.80	4:24:22	8:03	3	6:03	3	6:03
Hubertushaus	10.80	1:31:22	8:27	2	7:50	2	7:50	43.60	5:55:44	8:09	3	13:53	3	13:53
Ziel	10.80	1:11:57	6:39	1	-	1	-	54.40	7:07:41	7:51	2	1:44	2	1:44