



3. Via Solutions Wartburg Staffellauf

Vom Pumpälzsteg zur Wartburg und zurück / 18.09.2010

□□□□

Sportteam-STEINBACH Meiningen 2 □□□: 4:07:25

□□: Sportteam-STEINBACH Meiningen 2

□□: 13.10 km/h

□□: 30

□□□□: 4:33 min/km

□□: 54.40 km

Lauf Männer

□□□□□: 6 (of 14)

□□□□□□: 3:24:36

□□□□:

□□□□□: 6(of 14)

Staffel

□□□□□□: 3:24:36

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□	□□□	□□ -	□□ -	□□ □□	□□ □□
Pumpälzsteg	11.20	47:57	4:16	7	5:29	7	5:29	11.20	47:57	4:16	5	5:29	5	5:29
Hubertushaus	10.80	47:14	4:22	3	5:15	3	5:15	22.00	1:35:11	4:19	5	10:44	5	10:44
Wartburg	10.80	52:13	4:50	9	13:20	9	13:20	32.80	2:27:24	4:29	5	24:04	5	24:04
Hubertushaus	10.80	52:29	4:51	6	10:23	6	10:23	43.60	3:19:53	4:35	5	34:27	5	34:27
Ziel	10.80	47:32	4:24	11	9:29	11	9:29	54.40	4:07:25	4:32	6	42:49	6	42:49