



3. Via Solutions Wartburg Staffellauf

Vom Pumpälzsteg zur Wartburg und zurück / 18.09.2010

□□□□

300 +

□□: 300 +

□□: 16

□□: 54.40 km

Nordic Walking Männer

□□□□:

Staffel

□□□: 7:05:57

□□: 7.66 km/h

□□□□: 7:50 min/km

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Pumpälzsteg	11.20	1:35:12	8:30	2	0:01	2	0:01	11.20	1:35:12	8:30	1	-	1	-
Hubertushaus	10.80	1:16:48	7:06	1	-	1	-	22.00	2:52:00	7:49	1	-	1	-
Wartburg	10.80	1:26:19	7:59	1	-	1	-	32.80	4:18:19	7:52	1	-	1	-
Hubertushaus	10.80	1:23:32	7:44	1	-	1	-	43.60	5:41:51	7:50	1	-	1	-
□□	10.80	1:24:06	7:47	2	12:09	2	12:09	54.40	7:05:57	7:49	1	-	1	-