



3. Via Solutions Wartburg Staffellauf

Vom Pumpälzsteg zur Wartburg und zurück / 18.09.2010

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Asklepios Medical Fitness

□□: Asklepios Medical Fitness

□□: 14

□□: 54.40 km

Nordic Walking Frauen

□□□□:

Staffel

□□□: 8:27:11

□□: 6.39 km/h

□□□□: 9:19 min/km

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□□□□□□: 7:16:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Pumpälzsteg	11.20	1:38:04	8:45	3	6:07	3	6:07	11.20	1:38:04	8:45	4	2:55	4	2:55
Hubertushaus	10.80	1:53:00	10:27	3	35:00	3	35:00	22.00	3:31:04	9:35	4	37:55	4	37:55
Wartburg	10.80	1:48:24	10:02	3	23:17	3	23:17	32.80	5:19:28	9:44	4	1:01:12	4	1:01:12
Hubertushaus	10.80	1:36:00	8:53	3	12:28	3	12:28	43.60	6:55:28	9:31	4	1:13:40	4	1:13:40
□□	10.80	1:31:43	8:29	2	3:44	2	3:44	54.40	8:27:11	9:19	3	1:10:42	3	1:10:42