



3. Via Solutions Wartburg Staffellauf

Vom Pumpälzsteg zur Wartburg und zurück / 18.09.2010

□□□□

PumpälzII

□□: PumpälzIII

□□: 17

□□: 54.40 km

Nordic Walking Frauen

□□□□:

Staffel

□□□: 7:35:52

□□: 7.11 km/h

□□□□: 8:23 min/km

□□□□□/□□□: 2 (of 3)

□□□□□/□□□: 2 (of 3)

□□□□□□: 7:16:29

□□□□□: 2(of 3)

□□□□□□□: 7:16:29

□□□□

□□□□

□□□

□□□	□□ 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
□□	10.80	1:27:59	8:08	1	-	1	-	54.40	7:35:52	8:22	2	19:23	2	19:23