



3. Via Solutions Wartburg Staffellauf

Vom Pumpälzsteg zur Wartburg und zurück / 18.09.2010

□□□□

Werratal Runners

□□: Werratal Runners

□□: 6

□□: 54.40 km

Lauf Männer

□□□□:

Staffel

□□□: 4:00:35

□□: 13.47 km/h

□□□□: 4:25 min/km

□□□□□/□□□: 3 (of 14)

□□□□□/□□□: 3 (of 14)

□□□□□□: 3:24:36

□□□□□: 3(of 14)

□□□□□□□: 3:24:36

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Pumpälzsteg	11.20	50:57	4:32	8	8:29	8	8:29	11.20	50:57	4:32	4	8:29	4	8:29
Hubertushaus	10.80	48:08	4:27	4	6:09	4	6:09	22.00	1:39:05	4:30	4	14:38	4	14:38
Wartburg	10.80	48:42	4:30	3	9:49	3	9:49	32.80	2:27:47	4:30	4	24:27	4	24:27
Hubertushaus	10.80	52:03	4:49	5	9:57	5	9:57	43.60	3:19:50	4:35	4	34:24	4	34:24
□□	10.80	40:45	3:46	3	2:42	3	2:42	54.40	4:00:35	4:25	3	35:59	3	35:59