



# 5. VIA SOLUTIONS Wartburg-Staffellauf

Vom Pummpälzsteg zur Wartburg und zurück / 15.09.2012

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Dianas Powerteam mit Biss

□□□: 7:09:52

□□: 33

□□: 7.54 km/h

□□□□: 7:53 min/km

□□: 54.50 km

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VIA SOLUTION Wartburg-Staffel-NW (5x11 km) □□□□□/□: 1 (of 4)

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□□□□□: 1(of 4)

Frauenstaffel Nordic Walking

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Gumpelstadt 1	11.20	1:28:31	7:54	1	-	1	-	11.20	1:28:31	7:54	1	-	1	-
Gumpelstadt 2	10.30	1:22:39	8:01	2	0:11	2	0:11	21.50	2:51:10	7:57	1	-	1	-
Hubertushaus	11.20	1:31:28	8:10	1	-	1	-	32.70	4:22:38	8:01	1	-	1	-
Wartburg	10.90	1:25:39	7:51	2	0:13	2	0:13	43.60	5:48:17	7:59	1	-	1	-
Hubertushaus	10.90	1:21:35	7:29	1	-	1	-	54.50	7:09:52	7:53	1	-	1	-