



# 5. VIA SOLUTIONS Wartburg-Staffellauf

Vom Pummpälzsteg zur Wartburg und zurück / 15.09.2012

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Astrids Powerteam mit Biss

□□□: 7:52:09

□□: 34

□□: 6.93 km/h

□□□□: 8:40 min/km

□□: 54.50 km

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VIA SOLUTION Wartburg-Staffel-NW (5x11 km) □□□□□/□: 2 (of 4)

□□□□□□: 7:09:52

□□□□:

□□□□□: 2(of 4)

Frauenstaffel Nordic Walking

□□□□□□□: 7:09:52

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| □□□           | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|---------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Gumpelstadt 1 | 11.20    | 1:31:47  | 8:11         | 2       | 3:16    | 2       | 3:16    | 11.20 | 1:31:47   | 8:11      | 2             | 3:16    | 2       | 3:16    |         |
| Gumpelstadt 2 | 10.30    | 1:22:28  | 8:00         | 1       | -       | 1       | -       | 21.50 | 2:54:15   | 8:06      | 2             | 3:05    | 2       | 3:05    |         |
| Hubertushaus  | 11.20    | 1:43:27  | 9:14         | 3       | 11:59   | 3       | 11:59   | 32.70 | 4:37:42   | 8:29      | 2             | 15:04   | 2       | 15:04   |         |
| Wartburg      | 10.90    | 1:47:03  | 9:49         | 4       | 21:37   | 4       | 21:37   | 43.60 | 6:24:45   | 8:49      | 2             | 36:28   | 2       | 36:28   |         |
| Hubertushaus  | 10.90    | 1:27:24  | 8:01         | 2       | 5:49    | 2       | 5:49    | 54.50 | 7:52:09   | 8:39      | 2             | 42:17   | 2       | 42:17   |         |