



# 5. VIA SOLUTIONS Wartburg-Staffellauf

Vom Pummpälzsteg zur Wartburg und zurück / 15.09.2012

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Erste Bärfelser Nordic Walkerinnen □□□: 8:38:53

□□: 36

□□: 54.50 km

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

□□□□:

Frauenstaffel Nordic Walking

□□: 6.24 km/h

□□□□: 9:31 min/km

□□□□□/□□□: 6 (of 6)

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| □□□           | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|---------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Gumpelstadt 1 | 11.20    | 1:53:49  | 10:09        | 4       | 25:18   | 4       | 25:18   | 11.20 | 1:53:49 | 10:09 | 3       | 25:18   | 3       | 25:18   |
| Gumpelstadt 2 | 10.30    | 1:29:44  | 8:42         | 3       | 7:16    | 3       | 7:16    | 21.50 | 3:23:33 | 9:28  | 3       | 32:23   | 3       | 32:23   |
| Hubertushaus  | 11.20    | 1:49:58  | 9:49         | 4       | 18:30   | 4       | 18:30   | 32.70 | 5:13:31 | 9:35  | 3       | 50:53   | 3       | 50:53   |
| Wartburg      | 10.90    | 1:30:55  | 8:20         | 3       | 5:29    | 3       | 5:29    | 43.60 | 6:44:26 | 9:16  | 3       | 56:09   | 3       | 56:09   |
| Hubertushaus  | 10.90    | 1:54:27  | 10:30        | 3       | 32:52   | 3       | 32:52   | 54.50 | 8:38:53 | 9:31  | 4       | 1:29:01 | 4       | 1:29:01 |