



7.Via Solutions Wartburg Staffellauf 2014

Auf dem Pumpälzweg zur Wartburg und zurück / 13.09.2014

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NW Ka-Gü-Wo-Re-Be

□□□: 9:16:40

□□: 37

□□: 5.82 km/h

□□□□: 10:12 min/km

□□: 54.60 km

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VIA SOLUTION Wartburg-Staffel-NW (5x11 km) □□□□□/□: 3 (of 4)

□□□□□□: 7:39:12

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□□□□□: 3(of 4)

Frauenstaffel Nordic Walking

□□□□□□□: 7:39:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Gumpelstadt Hin	10.80	1:45:18	9:44	4	11:49	4	11:49	10.80	1:45:18	9:44	4	11:49	4	11:49	
Gumpelstadt Rüc	11.40	1:56:24	10:12	3	36:06	3	36:06	22.20	3:41:42	9:59	4	47:55	4	47:55	
Hubertushaus	10.80	1:50:21	10:13	3	26:06	3	26:06	33.00	5:32:03	10:03	4	1:14:01	4	1:14:01	
Wartburg	10.80	1:54:51	10:38	4	16:29	4	16:29	43.80	7:26:54	10:12	4	1:27:44	4	1:27:44	
Hubertushaus	10.80	1:49:46	10:09	3	9:44	3	9:44	54.60	9:16:40	10:11	3	1:37:28	3	1:37:28	