



### 3. Arnstädter Alteburgstaffel

Arnstadt / 27.05.2015

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#### Station 24

□□: Station 24

□□: 25

□□: 6.00 km

Staffel 5 x 1,2 km

□□□□:

Staffel

□□□: 42:44

□□: 8.42 km/h

□□□□: 7:07 min/km

□□□□□: 30 (of 30)

□□□□□□: 25:55

□□□□□: 30(of 30)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Wechsel	1.20	8:54	7:25	29	4:24	29	4:24	1.20	8:54	7:25	29	4:24	29	4:24
Wechsel	1.20	9:19	7:45	29	4:27	29	4:27	2.40	18:13	7:35	29	8:23	29	8:23
Wechsel	1.20	9:27	7:52	28	3:58	28	3:58	3.60	27:40	7:41	30	11:41	30	11:41
Wechsel	1.20	7:07	5:55	23	2:06	23	2:06	4.80	34:47	7:14	30	13:34	30	13:34
□□	1.20	7:57	6:37	30	3:23	30	3:23	6.00	42:44	7:07	30	16:49	30	16:49