



8. Via Solutions Wartburg Staffel

Auf dem Pumpälzweg zur Wartburg und zurück / 20.09.2015

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Bärfelser Nordic Männer 2

□□□: 9:00:06

□□: Bärfelser Nordic Männer 2

□□: 6.04 km/h

□□: 39

□□□□: 10:04 min/km

□□: 54.40 km

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VIA SOLUTION Wartburg-Staffel-NW (5x11 km) □□□□□/□: 2 (of 3)

□□□□□□: 7:41:49

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□□□□□: 2(of 3)

Männerstaffel Nordic Walking

□□□□□□□: 7:41:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Gumpelstadt 1	10.50	1:42:09	9:43	3	10:44	3	10:44	10.50	1:42:09	9:43	3	10:44	3	10:44	
Gumpelstadt 2	10.90	2:05:26	11:30	3	33:33	3	33:33	21.40	3:47:35	10:38	3	44:17	3	44:17	
Gumpelstadt 2	10.50	1:55:55	11:02	2	13:12	2	13:12	31.90	5:43:30	10:46	2	57:29	2	57:29	
Wartburg	10.90	1:43:41	9:30	2	12:17	2	12:17	42.80	7:27:11	10:26	2	1:09:46	2	1:09:46	
Hubertushaus	10.90	1:32:55	8:31	2	8:31	2	8:31	54.40	9:00:06	9:55	2	1:18:17	2	1:18:17	