



# 8. Via Solutions Wartburg Staffel

Auf dem Pumpälzweg zur Wartburg und zurück / 20.09.2015

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## Werratal Runners II

□□□: 4:17:02

□□: Werratal Runners II

□□: 12.54 km/h

□□: 14

□□□□: 4:47 min/km

□□: 53.70 km

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VIA SOLUTION Wartburg-Staffel-Lauf (5x11 km) □□□□□/□: 4 (of 13)

□□□□□□: 3:41:30

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□□□□□: 4(of 13)

## Männerstaffel Lauf

□□□□□□: 3:41:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Gumpelstadt 1	10.50	42:37	4:03	2	1:16	2	1:16	10.50	42:37	4:03	2	1:16	2	1:16	
Gumpelstadt 2	10.90	50:23	4:37	3	11:02	3	11:02	21.40	1:33:00	4:20	2	6:31	2	6:31	
Hubertushaus	10.50	53:14	5:04	3	4:42	3	4:42	31.90	2:26:14	4:35	3	11:13	3	11:13	
Wartburg	10.90	54:55	5:02	8	17:40	8	17:40	42.80	3:21:09	4:41	4	23:59	4	23:59	
Hubertushaus	11.60	55:53	4:49	4	11:33	4	11:33	53.70	4:17:02	4:47	4	35:32	4	35:32	