



8. Via Solutions Wartburg Staffel

Auf dem Pummälzweg zur Wartburg und zurück / 20.09.2015

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Road Runners Frauensee

□□□: 4:39:29

□□: Road Runners Frauensee

□□: 11.53 km/h

□□: 11

□□□□: 5:12 min/km

□□: 53.70 km

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VIA SOLUTION Wartburg-Staffel-Lauf (5x11 km) □□□□□/□: 7 (of 13)

□□□□□□: 3:41:30

□□□□:

□□□□□: 7(of 13)

Männerstaffel Lauf

□□□□□□□: 3:41:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Gumpelstadt 1	10.50	48:21	4:36	7	7:00	7	7:00	10.50	48:21	4:36	7	7:00	7	7:00	
Gumpelstadt 2	10.90	59:43	5:28	8	20:22	8	20:22	21.40	1:48:04	5:02	8	21:35	8	21:35	
Hubertushaus	10.50	59:51	5:42	7	11:19	7	11:19	31.90	2:47:55	5:15	7	32:54	7	32:54	
Wartburg	10.90	51:20	4:42	6	14:05	6	14:05	42.80	3:39:15	5:07	8	42:05	8	42:05	
Hubertushaus	11.60	1:00:14	5:11	7	15:54	7	15:54	53.70	4:39:29	5:12	7	57:59	7	57:59	