



8. Via Solutions Wartburg Staffel

Auf dem Pumpälzweg zur Wartburg und zurück / 20.09.2015

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Road Runners Frauensee

□□□: 4:39:29

□□: Road Runners Frauensee

□□: 11.38 km/h

□□: 11

□□□□: 5:12 min/km

□□: 53.70 km

□□□□□/□□□: 7 (of 14)

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 | |