



9. Via Solutions Staffellauf

Moorgrund Pummpälzsteg / 18.09.2016

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Free Runner

□□: Free Runner
□□: 55

□□: 31.90 km

VIA SOLUTION Rennsteig-Staffel-Lauf (6x5 km)

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Männerstaffel Lauf

□□□: 3:21:26

□□: 9.23 km/h
□□□□: 6:19 min/km

□□□□□/□□□: 4 (of 5)

□□□□□□/□: 2 (of 2)

□□□□□□: 3:13:24

□□□□□: 2(of 2)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Frankenstein	5.45	29:36	5:25	2	4:41	2	4:41	5.45	29:36	5:25	2	4:41	2	4:41	
Kulturscheune	5.45	32:25	5:56	1	-	1	-	10.90	1:02:01	5:41	2	2:10	2	2:10	
Kissel	5.30	39:59	7:32	2	3:36	2	3:36	16.20	1:42:00	6:17	2	5:46	2	5:46	
Hubertushaus	5.20	33:53	6:30	1	-	1	-	21.40	2:15:53	6:20	2	5:36	2	5:36	
Kissel	5.20	34:33	6:38	1	-	1	-	26.60	2:50:26	6:24	2	2:07	2	2:07	
Gumpelstadt	5.30	31:00	5:50	2	5:55	2	5:55	31.90	3:21:26	6:18	2	8:02	2	8:02	