



# 9. Via Solutions Staffellauf

Moorgrund Pummpälzsteg / 18.09.2016

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## Road Runners Frauensee

□□□: 4:43:17

□□: Road Runners Frauensee

□□: 11.23 km/h

□□: 10

□□□□: 5:17 min/km

□□: 53.70 km

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VIA SOLUTION Wartburg-Staffel-Lauf (5x11 km)

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□□□□□□: 3:52:27

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□□□□□: 4(of 9)

Männerstaffel Lauf

□□□□□□□: 3:52:27

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Kulturscheune	10.90	54:12	4:58	4	7:40	4	7:40	10.90	54:12	4:58	4	7:40	4	7:40
Hubertushaus	10.50	50:46	4:50	3	5:37	3	5:37	21.40	1:44:58	4:54	3	10:25	3	10:25
Wartburg	10.90	1:07:24	6:11	9	17:50	9	17:50	32.30	2:52:22	5:20	5	27:58	5	27:58
Hubertushaus	10.90	59:41	5:28	5	9:47	5	9:47	43.20	3:52:03	5:22	5	37:45	5	37:45
Gumpelstadt	10.50	51:14	4:52	4	13:05	4	13:05	53.70	4:43:17	5:16	4	50:50	4	50:50