



9. Via Solutions Staffellauf

Moorgrund Pummpälzsteg / 18.09.2016

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LT Altensteiner Park

□□□: 3:24:24

□□: LT Altensteiner Park

□□: 9.10 km/h

□□: 53

□□□□: 6:25 min/km

□□: 31.90 km

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VIA SOLUTION Rennsteig-Staffel-Lauf (6x5 km) □□□□□/□□□: 3 (of 3)

□□□□□□: 2:49:25

□□□□:

□□□□□: 3(of 3)

Mixedstaffel Lauf

□□□□□□□: 2:49:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Frankenstein	5.45	27:39	5:04	3	3:40	3	3:40	5.45	27:39	5:04	3	3:40	3	3:40
Kulturscheune	5.45	38:58	7:08	3	8:00	3	8:00	10.90	1:06:37	6:06	3	9:44	3	9:44
Kissel	5.30	40:01	7:33	3	12:50	3	12:50	16.20	1:46:38	6:34	3	18:31	3	18:31
Hubertushaus	5.20	33:30	6:26	3	9:43	3	9:43	21.40	2:20:08	6:32	3	28:14	3	28:14
Kissel	5.20	34:42	6:40	3	4:38	3	4:38	26.60	2:54:50	6:34	3	32:39	3	32:39
Gumpelstadt	5.30	29:34	5:34	3	6:12	3	6:12	31.90	3:24:24	6:24	3	34:59	3	34:59