



# 5. Arnstädter Alteburgstaffel

Arnstadt / 24.05.2017

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## RSV Adler Arnstadt II

□□: RSV Adler Arnstadt II

□□: 26

□□: 6.00 km

Staffel 5 x 1,2 km

□□□□:

Staffel

□□□: 35:29

□□: 10.15 km/h

□□□□: 5:55 min/km

□□□□□: 26 (of 41)

□□□□□□: 24:55

□□□□□: 26(of 41)

□□□□□□□: 24:55

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| □□□     | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□  | □□□   | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|---------|----------|----------|--------------|---------|---------|-----------|-----------|------|-------|------|---------|---------|-----------|-----------|
| Wechsel | 1.20     | 6:45     | 5:37         | 29      | 2:47    | 29        | 2:47      | 1.20 | 6:45  | 5:37 | 29      | 2:47    | 29        | 2:47      |
| Wechsel | 1.20     | 7:14     | 6:01         | 23      | 2:09    | 23        | 2:09      | 2.40 | 13:59 | 5:49 | 26      | 4:20    | 26        | 4:20      |
| Wechsel | 1.20     | 7:49     | 6:30         | 31      | 2:38    | 31        | 2:38      | 3.60 | 21:48 | 6:03 | 26      | 6:57    | 26        | 6:57      |
| Wechsel | 1.20     | 7:02     | 5:51         | 23      | 1:51    | 23        | 1:51      | 4.80 | 28:50 | 6:00 | 24      | 8:48    | 24        | 8:48      |
| □□      | 1.20     | 6:39     | 5:32         | 30      | 1:46    | 30        | 1:46      | 6.00 | 35:29 | 5:54 | 26      | 10:34   | 26        | 10:34     |