



10. Wartburg-Staffel
Moorgrund Pummpälzsteg / 17.09.2017

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Aleas NW Frauen 1

□□□: 2:49:14

□□: Aleas NW Frauen 1

□□: 7.45 km/h

□□: 53

□□□□: 7:49 min/km

□□: 21.66 km

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VIA SOLUTION JederMannFrau-Staffel-NW (4x5 km)

□□□□□/□: 1 (of 6)

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□□□□□: 1(of 6)

Frauenstaffel Nordic Walking

□□□□□□□: 2:49:14

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Frankenstein	5.56	43:13	7:46	2	0:39	2	0:39	5.56	43:13	7:46	2	0:39	2	0:39	
Kulturscheune	5.36	45:56	8:34	2	0:40	2	0:40	10.92	1:29:09	8:09	2	0:40	2	0:40	
Kissel	5.37	40:45	7:35	1	-	1	-	16.29	2:09:54	7:58	1	-	1	-	
Gumpelstadt	5.37	39:20	7:19	1	-	1	-	21.66	2:49:14	7:48	1	-	1	-	