



10. Wartburg-Staffel
Moorgrund Pummpälzsteg / 17.09.2017

0000

LTAP Mix 1

00: LTAP Mix 1
00: 59

00: 21.66 km

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

0000:

Männerstaffel Nordic Walking

000: 3:10:24

00: 6.83 km/h
0000: 8:47 min/km

00000/000: 7 (of 12)

0000/0: 4 (of 6)

000000: 2:53:15

00000: 4(of 6)

0000000: 2:53:15

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0000

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| 000 | 00 km | 00 00 | 00 min/km | 00 - | 00 - | 00 0 | 00 0 | 000 | 000 00 | 000 min/km | 00 - | 00 - | 00 0 | 00 0 |
|---------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Frankenstein | 5.56 | 46:10 | 8:18 | 4 | 3:18 | 4 | 3:18 | 5.56 | 46:10 | 8:18 | 4 | 3:18 | 4 | 3:18 |
| Kulturscheune | 5.36 | 45:37 | 8:30 | 4 | 3:57 | 4 | 3:57 | 10.92 | 1:31:47 | 8:24 | 4 | 7:15 | 4 | 7:15 |
| Kissel | 5.37 | 51:39 | 9:37 | 5 | 9:12 | 5 | 9:12 | 16.29 | 2:23:26 | 8:48 | 5 | 12:08 | 5 | 12:08 |
| Gumpelstadt | 5.37 | 46:58 | 8:44 | 4 | 6:43 | 4 | 6:43 | 21.66 | 3:10:24 | 8:47 | 4 | 17:09 | 4 | 17:09 |