



11. Wartburg-Staffel

Moorgrund Pumpvälzsteg / 16.09.2018

□□□□

X-Runners 3

□□□: 3:11:15

□□: X-Runners 3

□□: 12.55 km/h

□□: 8

□□: 40.80 km

□□□□: 40.00

VIA SOLUTION Lauf Wartburg-Staffel (4x10,5 km) □□□□: 522 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	34200	00:00	00:00
Ruhlaer Häuschen	8.1	8.1	36942	00:45	00:45
Wartburg	20.7	12.6	39978	01:36	00:50
Ruhlaer Häuschen	33.3	12.6	43837	02:40	01:04
□□	40.8	7.5	12:41	03:11	00:30