



# 11. Wartburg-Staffel

Moorgrund Pumpälzsteg / 16.09.2018

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## 1. Road Runners Frauensee

□□□: 3:23:25

□□: 1. Road Runners Frauensee

□□: 11.80 km/h

□□: 23

□□: 40.80 km

□□□□: 40.00

VIA SOLUTION Lauf Wartburg-Staffel (4x10,5 km) □□□□: 491 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	34200	00:00	00:00
Ruhlaer Häuschen	8.1	8.1	37158	00:49	00:49
Wartburg	20.7	12.6	40683	01:48	00:58
Ruhlaer Häuschen	33.3	12.6	44325	02:48	01:00
□□	40.8	7.5	12:53	03:23	00:34