



11. Wartburg-Staffel
Moorgrund Pumpälzsteg / 16.09.2018

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2. Road Runners Frauensee □□□: 4:00:23

□□: 2. Road Runners Frauensee □□: 9.98 km/h

□□: 41

□□: 40.80 km □□□□: 40.00

VIA SOLUTION Lauf Wartburg-Staffel (4x10,5 km) □□□□: 415 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	34200	00:00	00:00
Ruhlaer Häuschen	8.1	8.1	37616	00:56	00:56
Wartburg	20.7	12.6	41530	02:02	01:05
Ruhlaer Häuschen	33.3	12.6	46383	03:23	01:20
□□	40.8	7.5	13:30	04:00	00:37