



7. Arnstädter Alteburgstaffel

Arnstadt / 22.05.2019

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LT-ALTEBURG

□□: LT-ALTEBURG

□□: 23

□□: 6.00 km

Staffel 5 x 1,2 km

□□□□:

Staffel

□□□: 30:44

□□: 11.71 km/h

□□□□: 5:07 min/km

□□□□□: 10 (of 43)

□□□□□□: 25:59

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|---------|----------|----------|--------------|---------|---------|-----------|-----------|------|-------|------|---------|---------|-----------|-----------|
| Wechsel | 1.20 | 6:31 | 5:25 | 26 | 2:05 | 26 | 2:05 | 1.20 | 6:31 | 5:25 | 26 | 2:05 | 26 | 2:05 |
| Wechsel | 1.20 | 6:04 | 5:03 | 10 | 0:50 | 10 | 0:50 | 2.40 | 12:35 | 5:14 | 16 | 2:55 | 16 | 2:55 |
| Wechsel | 1.20 | 6:17 | 5:14 | 9 | 1:07 | 9 | 1:07 | 3.60 | 18:52 | 5:14 | 12 | 3:10 | 12 | 3:10 |
| Wechsel | 1.20 | 6:09 | 5:07 | 11 | 1:36 | 11 | 1:36 | 4.80 | 25:01 | 5:12 | 10 | 4:13 | 10 | 4:13 |
| □□ | 1.20 | 5:43 | 4:45 | 12 | 0:34 | 12 | 0:34 | 6.00 | 30:44 | 5:07 | 10 | 4:45 | 10 | 4:45 |