



# 7. Arnstädter Alteburgstaffel

Arnstadt / 22.05.2019

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## Rotary-Club Arnstadt

□□: Rotary-Club Arnstadt

□□: 4

□□: 6.00 km

Staffel 5 x 1,2 km

□□□□:

Staffel

□□□: 35:11

□□: 10.23 km/h

□□□□: 5:52 min/km

□□□□□: 29 (of 43)

□□□□□□: 25:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Wechsel	1.20	7:11	5:59	34	2:45	34	2:45	1.20	7:11	5:59	34	2:45	34	2:45
Wechsel	1.20	6:07	5:05	11	0:53	11	0:53	2.40	13:18	5:32	20	3:38	20	3:38
Wechsel	1.20	8:34	7:08	40	3:24	40	3:24	3.60	21:52	6:04	31	6:10	31	6:10
Wechsel	1.20	6:55	5:45	27	2:22	27	2:22	4.80	28:47	5:59	31	7:59	31	7:59
□□	1.20	6:24	5:20	23	1:15	23	1:15	6.00	35:11	5:51	29	9:12	29	9:12