



7. Arnstädter Alteburgstaffel

Arnstadt / 22.05.2019

□□□□

Klasse 6b Gymnasium MELISSANTES 2□□: 38:08

□□: Klasse 6b Gymnasium MELISSANTES 2

□□: 11

□□: 9.44 km/h

□□□□: 6:22 min/km

□□: 6.00 km

Staffel 5 x 1,2 km

□□□□□: 40 (of 43)

□□□□□□: 25:59

□□□□:

Staffel

□□□□□: 40(of 43)

□□□□□□: 25:59

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Wechsel	1.20	7:18	6:04	37	2:52	37	2:52	1.20	7:18	6:04	37	2:52	37	2:52
Wechsel	1.20	8:07	6:45	34	2:53	34	2:53	2.40	15:25	6:25	39	5:45	39	5:45
Wechsel	1.20	6:58	5:48	19	1:48	19	1:48	3.60	22:23	6:13	36	6:41	36	6:41
Wechsel	1.20	8:13	6:50	39	3:40	39	3:40	4.80	30:36	6:22	38	9:48	38	9:48
□□	1.20	7:32	6:16	39	2:23	39	2:23	6.00	38:08	6:21	40	12:09	40	12:09