



12. Wartburg-Staffel

36433 Gumpelstadt Pummpälzsteg / 15.09.2019

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Werratal Runners

□□□: 3:00:47

□□: 78

□□: 14.60 km/h

□□□□: 4:07 min/km

□□: 44.00 km

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VIA SOLUTION Lauf-Wartburg-Staffel (4x11 km) □□□□□/□: 1 (of 9)

□□□□□□: 3:00:47

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□□□□□: 1(of 9)

Männerstaffel Lauf

□□□□□□□: 3:00:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
WS 1	11.00	44:38	4:03	1	-	1	-	11.00	44:38	4:03	1	-	1	-	
WS 2	11.00	43:22	3:56	1	-	1	-	22.00	1:28:00	4:00	1	-	1	-	
WS 3	11.00	48:14	4:23	1	-	1	-	33.00	2:16:14	4:07	1	-	1	-	
Gumpelstadt	11.00	44:33	4:02	1	-	1	-	44.00	3:00:47	4:06	1	-	1	-	