



1. Staffellauf - Rund um Arnstadt

Arnstadt / 23.04.2022

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Trailrunning-Crew Thüringen (Team 1/Männer) 29

□□: 11

□□: 59.60 km

Rund um Arnstadt

□□□□:

Staffel

□□: 14.25 km/h

□□□□: 4:10 min/km

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Rudisleben	6.60	23:54	3:37	1	-	1	-	6.60	23:54	3:37	1	-	1	-	
Marlishausen	7.80	27:20	3:30	1	-	1	-	14.40	51:14	3:33	1	-	1	-	
Angelhausen	6.00	25:19	4:13	2	0:50	2	0:50	20.40	1:16:33	3:45	1	-	1	-	
Roda	7.40	29:45	4:01	1	-	1	-	27.80	1:46:18	3:49	1	-	1	-	
Neuroda	7.10	29:37	4:10	1	-	1	-	34.90	2:15:55	3:53	1	-	1	-	
Reinsfeld	9.80	49:56	5:05	9	11:57	9	11:57	44.70	3:05:51	4:09	1	-	1	-	
Dosdorf	6.90	29:41	4:18	4	2:35	4	2:35	51.60	3:35:32	4:10	1	-	1	-	
Arnstadt Markt	8.00	32:57	4:07	1	-	1	-	59.60	4:08:29	4:10	1	-	1	-	