



1. Staffellauf - Rund um Arnstadt

Arnstadt / 23.04.2022

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Laufwerk/ SVS Sömmerda

□□□: 5:12:42

□□: 15

□□: 11.32 km/h

□□□□: 5:15 min/km

□□: 59.60 km

Rund um Arnstadt

□□□□□: 10 (of 16)

□□□□□□: 4:08:29

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□□□□□: 10(of 16)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Rudisleben	6.60	37:16	5:38	14	13:22	14	13:22	6.60	37:16	5:38	14	13:22	14	13:22
Marlishausen	7.80	32:29	4:09	5	5:09	5	5:09	14.40	1:09:45	4:50	9	18:31	9	18:31
Angelhausen	6.00	29:10	4:51	7	4:41	7	4:41	20.40	1:38:55	4:50	8	22:22	8	22:22
Roda	7.40	39:54	5:23	12	10:09	12	10:09	27.80	2:18:49	4:59	9	32:31	9	32:31
Neuroda	7.10	38:49	5:28	9	9:12	9	9:12	34.90	2:57:38	5:05	9	41:43	9	41:43
Reinsfeld	9.80	37:59	3:52	1	-	1	-	44.70	3:35:37	4:49	6	29:46	6	29:46
Dosdorf	6.90	27:47	4:01	2	0:41	2	0:41	51.60	4:03:24	4:43	5	27:52	5	27:52
Arnstadt Markt	8.00	1:09:18	8:39	16	36:21	16	36:21	59.60	5:12:42	5:14	10	1:04:13	10	1:04:13