



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

□□□□□□□: 4:08:29

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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 |