



1. Staffellauf - Rund um Arnstadt

Arnstadt / 23.04.2022

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Stadt Arnstadt

□□□: 5:27:35

□□: 1

□□: 10.81 km/h

□□□□: 5:30 min/km

□□: 59.60 km

Rund um Arnstadt

□□□□□: 12 (of 16)

□□□□□□: 4:08:29

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□□□□□: 12(of 16)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Rudisleben	6.60	41:21	6:15	16	17:27	16	17:27	6.60	41:21	6:15	16	17:27	16	17:27
Marlishausen	7.80	38:35	4:56	12	11:15	12	11:15	14.40	1:19:56	5:33	14	28:42	14	28:42
Angelhausen	6.00	28:10	4:41	6	3:41	6	3:41	20.40	1:48:06	5:17	15	31:33	15	31:33
Roda	7.40	38:10	5:09	9	8:25	9	8:25	27.80	2:26:16	5:15	12	39:58	12	39:58
Neuroda	7.10	38:28	5:25	8	8:51	8	8:51	34.90	3:04:44	5:17	11	48:49	11	48:49
Reinsfeld	9.80	46:54	4:47	7	8:55	7	8:55	44.70	3:51:38	5:10	11	45:47	11	45:47
Dosdorf	6.90	44:37	6:27	14	17:31	14	17:31	51.60	4:36:15	5:21	11	1:00:43	11	1:00:43
Arnstadt Markt	8.00	51:20	6:25	14	18:23	14	18:23	59.60	5:27:35	5:29	12	1:19:06	12	1:19:06