



1. Staffellauf - Rund um Arnstadt

Arnstadt / 23.04.2022

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Lauftreff Alteburg

□□□: 5:34:47

□□: 4

□□: 10.57 km/h

□□□□: 5:37 min/km

□□: 59.60 km

Rund um Arnstadt

□□□□□: 13 (of 16)

□□□□□□: 4:08:29

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□□□□□: 13(of 16)

Staffel

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Rudisleben	6.60	33:33	5:04	8	9:39	8	9:39	6.60	33:33	5:04	8	9:39	8	9:39	
Marlishausen	7.80	43:32	5:34	14	16:12	14	16:12	14.40	1:17:05	5:21	13	25:51	13	25:51	
Angelhausen	6.00	30:46	5:07	10	6:17	10	6:17	20.40	1:47:51	5:17	14	31:18	14	31:18	
Roda	7.40	40:50	5:31	13	11:05	13	11:05	27.80	2:28:41	5:20	13	42:23	13	42:23	
Neuroda	7.10	45:36	6:25	16	15:59	16	15:59	34.90	3:14:17	5:34	15	58:22	15	58:22	
Reinsfeld	9.80	1:03:08	6:26	15	25:09	15	25:09	44.70	4:17:25	5:45	15	1:11:34	15	1:11:34	
Dosdorf	6.90	36:51	5:20	10	9:45	10	9:45	51.60	4:54:16	5:42	14	1:18:44	14	1:18:44	
Arnstadt Markt	8.00	40:31	5:03	6	7:34	6	7:34	59.60	5:34:47	5:37	13	1:26:18	13	1:26:18	