



1. Staffellauf - Rund um Arnstadt

Arnstadt / 23.04.2022

0000

Trailrunning-Crew Thüringen (Team 4/11) (TC: Refugees)

00: 14

00: 10.45 km/h

0000: 5:41 min/km

00: 59.60 km

Rund um Arnstadt

00000: 14 (of 16)

000000: 4:08:29

0000:

Staffel

00000: 14(of 16)

0000000: 4:08:29

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Rudisleben	6.60	35:03	5:18	9	11:09	9	11:09	6.60	35:03	5:18	9	11:09	9	11:09
Marlishausen	7.80	36:10	4:38	9	8:50	9	8:50	14.40	1:11:13	4:56	10	19:59	10	19:59
Angelhausen	6.00	33:58	5:39	13	9:29	13	9:29	20.40	1:45:11	5:09	12	28:38	12	28:38
Roda	7.40	43:43	5:54	16	13:58	16	13:58	27.80	2:28:54	5:21	14	42:36	14	42:36
Neuroda	7.10	39:45	5:35	11	10:08	11	10:08	34.90	3:08:39	5:24	13	52:44	13	52:44
Reinsfeld	9.80	54:42	5:34	13	16:43	13	16:43	44.70	4:03:21	5:26	12	57:30	12	57:30
Dosdorf	6.90	49:59	7:14	16	22:53	16	22:53	51.60	4:53:20	5:41	13	1:17:48	13	1:17:48
Arnstadt Markt	8.00	45:27	5:40	10	12:30	10	12:30	59.60	5:38:47	5:41	14	1:30:18	14	1:30:18