



1. Staffellauf - Rund um Arnstadt

Arnstadt / 23.04.2022

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Team Fitness-Mama

□□□: 5:57:40

□□: 8

□□: 9.90 km/h

□□□□: 6:00 min/km

□□: 59.60 km

Rund um Arnstadt

□□□□□: 15 (of 16)

□□□□□□: 4:08:29

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□□□□□: 15(of 16)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Rudisleben	6.60	32:51	4:58	7	8:57	7	8:57	6.60	32:51	4:58	7	8:57	7	8:57
Marlishausen	7.80	36:35	4:41	11	9:15	11	9:15	14.40	1:09:26	4:49	7	18:12	7	18:12
Angelhausen	6.00	34:47	5:47	14	10:18	14	10:18	20.40	1:44:13	5:06	10	27:40	10	27:40
Roda	7.40	41:01	5:32	14	11:16	14	11:16	27.80	2:25:14	5:13	11	38:56	11	38:56
Neuroda	7.10	43:12	6:05	15	13:35	15	13:35	34.90	3:08:26	5:23	12	52:31	12	52:31
Reinsfeld	9.80	1:08:51	7:01	16	30:52	16	30:52	44.70	4:17:17	5:45	14	1:11:26	14	1:11:26
Dosdorf	6.90	49:41	7:12	15	22:35	15	22:35	51.60	5:06:58	5:56	15	1:31:26	15	1:31:26
Arnstadt Markt	8.00	50:42	6:20	13	17:45	13	17:45	59.60	5:57:40	6:00	15	1:49:11	15	1:49:11