



1. Staffellauf - Rund um Arnstadt

Arnstadt / 23.04.2022

0000

ILM-Runner

000: 6:11:11

00: 7

00: 9.54 km/h

0000: 6:14 min/km

00: 59.60 km

Rund um Arnstadt

00000: 16 (of 16)

000000: 4:08:29

0000:

00000: 16(of 16)

Staffel

0000000: 4:08:29

0000

0000

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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	36:31	5:31	11	12:37	11	12:37	6.60	36:31	5:31	11	12:37	11	12:37
Marlishausen	7.80	1:20:12	10:16	16	52:52	16	52:52	14.40	1:56:43	8:06	16	1:05:29	16	1:05:29
Angelhausen	6.00	56:51	9:28	16	32:22	16	32:22	20.40	2:53:34	8:30	16	1:37:01	16	1:37:01
Roda	7.40	39:21	5:19	11	9:36	11	9:36	27.80	3:32:55	7:39	16	1:46:37	16	1:46:37
Neuroda	7.10	37:22	5:15	7	7:45	7	7:45	34.90	4:10:17	7:10	16	1:54:22	16	1:54:22
Reinsfeld	9.80	46:31	4:44	6	8:32	6	8:32	44.70	4:56:48	6:38	16	1:50:57	16	1:50:57
Dosdorf	6.90	37:49	5:28	12	10:43	12	10:43	51.60	5:34:37	6:29	16	1:59:05	16	1:59:05
Arnstadt Markt	8.00	36:34	4:34	2	3:37	2	3:37	59.60	6:11:11	6:13	16	2:02:42	16	2:02:42