



1. Staffellauf - Rund um Arnstadt

Arnstadt / 23.04.2022

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Langstrecke Arnstadt

□□□: 4:27:03

□□: 9

□□: 13.26 km/h

□□□□: 4:29 min/km

□□: 59.60 km

Rund um Arnstadt

□□□□□: 2 (of 16)

□□□□□□: 4:08:29

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Staffel

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|------|---------|---------|-----------|-----------|
| Rudisleben | 6.60 | 31:33 | 4:46 | 6 | 7:39 | 6 | 7:39 | 6.60 | 31:33 | 4:46 | 6 | 7:39 | 6 | 7:39 |
| Marlishausen | 7.80 | 32:54 | 4:13 | 6 | 5:34 | 6 | 5:34 | 14.40 | 1:04:27 | 4:28 | 5 | 13:13 | 5 | 13:13 |
| Angelhausen | 6.00 | 25:45 | 4:17 | 4 | 1:16 | 4 | 1:16 | 20.40 | 1:30:12 | 4:25 | 3 | 13:39 | 3 | 13:39 |
| Roda | 7.40 | 35:01 | 4:43 | 5 | 5:16 | 5 | 5:16 | 27.80 | 2:05:13 | 4:30 | 3 | 18:55 | 3 | 18:55 |
| Neuroda | 7.10 | 34:43 | 4:53 | 5 | 5:06 | 5 | 5:06 | 34.90 | 2:39:56 | 4:34 | 3 | 24:01 | 3 | 24:01 |
| Reinsfeld | 9.80 | 43:24 | 4:25 | 2 | 5:25 | 2 | 5:25 | 44.70 | 3:23:20 | 4:32 | 2 | 17:29 | 2 | 17:29 |
| Dosdorf | 6.90 | 27:06 | 3:55 | 1 | - | 1 | - | 51.60 | 3:50:26 | 4:27 | 2 | 14:54 | 2 | 14:54 |
| Arnstadt Markt | 8.00 | 36:37 | 4:34 | 3 | 3:40 | 3 | 3:40 | 59.60 | 4:27:03 | 4:28 | 2 | 18:34 | 2 | 18:34 |