



# 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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□□□□□: 2(of 16)

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