



1. Staffellauf - Rund um Arnstadt

Arnstadt / 23.04.2022

□□□□

Team Dannheim und Freunde

□□□: 4:35:45

□□: 2

□□: 12.84 km/h

□□□□: 4:38 min/km

□□: 59.60 km

Rund um Arnstadt

□□□□□: 3 (of 16)

□□□□□□: 4:08:29

□□□□:

□□□□□: 3(of 16)

Staffel

□□□□□□□: 4:08:29

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Rudisleben	6.60	29:58	4:32	4	6:04	4	6:04	6.60	29:58	4:32	4	6:04	4	6:04
Marlishausen	7.80	31:01	3:58	3	3:41	3	3:41	14.40	1:00:59	4:14	2	9:45	2	9:45
Angelhausen	6.00	31:54	5:18	11	7:25	11	7:25	20.40	1:32:53	4:33	4	16:20	4	16:20
Roda	7.40	35:34	4:48	6	5:49	6	5:49	27.80	2:08:27	4:37	5	22:09	5	22:09
Neuroda	7.10	35:48	5:02	6	6:11	6	6:11	34.90	2:44:15	4:42	5	28:20	5	28:20
Reinsfeld	9.80	45:32	4:38	5	7:33	5	7:33	44.70	3:29:47	4:41	4	23:56	4	23:56
Dosdorf	6.90	28:13	4:05	3	1:07	3	1:07	51.60	3:58:00	4:36	3	22:28	3	22:28
Arnstadt Markt	8.00	37:45	4:43	5	4:48	5	4:48	59.60	4:35:45	4:37	3	27:16	3	27:16