



1. Staffellauf - Rund um Arnstadt

Arnstadt / 23.04.2022

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Trailrunning-Crew Thüringen (Team 2/Frauen) 4:38:09

□□: 12

□□: 59.60 km

Rund um Arnstadt

□□□□:

Staffel

□□: 12.73 km/h

□□□□: 4:40 min/km

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Rudisleben	6.60	29:07	4:24	3	5:13	3	5:13	6.60	29:07	4:24	3	5:13	3	5:13
Marlishausen	7.80	32:21	4:08	4	5:01	4	5:01	14.40	1:01:28	4:16	4	10:14	4	10:14
Angelhausen	6.00	27:35	4:35	5	3:06	5	3:06	20.40	1:29:03	4:21	2	12:30	2	12:30
Roda	7.40	36:05	4:52	8	6:20	8	6:20	27.80	2:05:08	4:30	2	18:50	2	18:50
Neuroda	7.10	34:40	4:52	4	5:03	4	5:03	34.90	2:39:48	4:34	2	23:53	2	23:53
Reinsfeld	9.80	45:11	4:36	4	7:12	4	7:12	44.70	3:24:59	4:35	3	19:08	3	19:08
Dosdorf	6.90	36:13	5:14	8	9:07	8	9:07	51.60	4:01:12	4:40	4	25:40	4	25:40
Arnstadt Markt	8.00	36:57	4:37	4	4:00	4	4:00	59.60	4:38:09	4:40	4	29:40	4	29:40