



1. Staffellauf - Rund um Arnstadt

Arnstadt / 23.04.2022

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Kesselbrunn Runners

□□□: 4:51:02

□□: 16

□□: 12.16 km/h

□□□□: 4:53 min/km

□□: 59.60 km

Rund um Arnstadt

□□□□□: 5 (of 16)

□□□□□□: 4:08:29

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□□□□□: 5(of 16)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Rudisleben	6.60	36:34	5:32	12	12:40	12	12:40	6.60	36:34	5:32	12	12:40	12	12:40
Marlishausen	7.80	33:05	4:14	7	5:45	7	5:45	14.40	1:09:39	4:50	8	18:25	8	18:25
Angelhausen	6.00	29:12	4:51	8	4:43	8	4:43	20.40	1:38:51	4:50	7	22:18	7	22:18
Roda	7.40	33:59	4:35	3	4:14	3	4:14	27.80	2:12:50	4:46	6	26:32	6	26:32
Neuroda	7.10	39:52	5:36	12	10:15	12	10:15	34.90	2:52:42	4:56	7	36:47	7	36:47
Reinsfeld	9.80	43:41	4:27	3	5:42	3	5:42	44.70	3:36:23	4:50	7	30:32	7	30:32
Dosdorf	6.90	32:06	4:39	7	5:00	7	5:00	51.60	4:08:29	4:48	6	32:57	6	32:57
Arnstadt Markt	8.00	42:33	5:19	9	9:36	9	9:36	59.60	4:51:02	4:52	5	42:33	5	42:33