



1. Staffellauf - Rund um Arnstadt

Arnstadt / 23.04.2022

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Trailrunning-Crew Thüringen (Team 3/Mixed) 3:24

□□: 13

□□: 11.67 km/h

□□□□: 5:05 min/km

□□: 59.60 km

Rund um Arnstadt

□□□□□: 6 (of 16)

□□□□□□: 4:08:29

□□□□:

Staffel

□□□□□: 6(of 16)

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Rudisleben	6.60	30:45	4:39	5	6:51	5	6:51	6.60	30:45	4:39	5	6:51	5	6:51
Marlishausen	7.80	30:39	3:55	2	3:19	2	3:19	14.40	1:01:24	4:15	3	10:10	3	10:10
Angelhausen	6.00	31:56	5:19	12	7:27	12	7:27	20.40	1:33:20	4:34	5	16:47	5	16:47
Roda	7.40	34:27	4:39	4	4:42	4	4:42	27.80	2:07:47	4:35	4	21:29	4	21:29
Neuroda	7.10	32:54	4:38	2	3:17	2	3:17	34.90	2:40:41	4:36	4	24:46	4	24:46
Reinsfeld	9.80	52:57	5:24	11	14:58	11	14:58	44.70	3:33:38	4:46	5	27:47	5	27:47
Dosdorf	6.90	37:07	5:22	11	10:01	11	10:01	51.60	4:10:45	4:51	7	35:13	7	35:13
Arnstadt Markt	8.00	52:39	6:34	15	19:42	15	19:42	59.60	5:03:24	5:05	6	54:55	6	54:55