



1. Staffellauf - Rund um Arnstadt

Arnstadt / 23.04.2022

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Maik sagt!

□□□: 5:06:00

□□: 3

□□: 11.57 km/h

□□□□: 5:08 min/km

□□: 59.60 km

Rund um Arnstadt

□□□□□: 7 (of 16)

□□□□□□: 4:08:29

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Staffel

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Rudisleben	6.60	37:09	5:37	13	13:15	13	13:15	6.60	37:09	5:37	13	13:15	13	13:15
Marlishausen	7.80	42:56	5:30	13	15:36	13	15:36	14.40	1:20:05	5:33	15	28:51	15	28:51
Angelhausen	6.00	24:29	4:04	1	-	1	-	20.40	1:44:34	5:07	11	28:01	11	28:01
Roda	7.40	33:35	4:32	2	3:50	2	3:50	27.80	2:18:09	4:58	8	31:51	8	31:51
Neuroda	7.10	34:05	4:48	3	4:28	3	4:28	34.90	2:52:14	4:56	6	36:19	6	36:19
Reinsfeld	9.80	57:36	5:52	14	19:37	14	19:37	44.70	3:49:50	5:08	10	43:59	10	43:59
Dosdorf	6.90	30:13	4:22	5	3:07	5	3:07	51.60	4:20:03	5:02	8	44:31	8	44:31
Arnstadt Markt	8.00	45:57	5:44	11	13:00	11	13:00	59.60	5:06:00	5:08	7	57:31	7	57:31