



1. Staffellauf - Rund um Arnstadt

Arnstadt / 23.04.2022

□□□□

N3 Sportverein e.V.

□□□: 5:09:18

□□: 5

□□: 11.45 km/h

□□□□: 5:11 min/km

□□: 59.60 km

Rund um Arnstadt

□□□□□: 8 (of 16)

□□□□□□: 4:08:29

□□□□:

□□□□□: 8(of 16)

Staffel

□□□□□□□: 4:08:29

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Rudisleben	6.60	37:56	5:44	15	14:02	15	14:02	6.60	37:56	5:44	15	14:02	15	14:02
Marlishausen	7.80	36:27	4:40	10	9:07	10	9:07	14.40	1:14:23	5:09	12	23:09	12	23:09
Angelhausen	6.00	25:26	4:14	3	0:57	3	0:57	20.40	1:39:49	4:53	9	23:16	9	23:16
Roda	7.40	39:04	5:16	10	9:19	10	9:19	27.80	2:18:53	4:59	10	32:35	10	32:35
Neuroda	7.10	39:35	5:34	10	9:58	10	9:58	34.90	2:58:28	5:06	10	42:33	10	42:33
Reinsfeld	9.80	47:33	4:51	8	9:34	8	9:34	44.70	3:46:01	5:03	8	40:10	8	40:10
Dosdorf	6.90	41:44	6:02	13	14:38	13	14:38	51.60	4:27:45	5:11	10	52:13	10	52:13
Arnstadt Markt	8.00	41:33	5:11	8	8:36	8	8:36	59.60	5:09:18	5:11	8	1:00:49	8	1:00:49