



# 1. Staffellauf - Rund um Arnstadt

Arnstadt / 23.04.2022

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Arnstadt läuft....

□□□: 5:10:44

□□: 6

□□: 11.39 km/h

□□□□: 5:13 min/km

□□: 59.60 km

Rund um Arnstadt

□□□□□: 9 (of 16)

□□□□□□: 4:08:29

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□□□□□: 9(of 16)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Rudisleben	6.60	25:32	3:52	2	1:38	2	1:38	6.60	25:32	3:52	2	1:38	2	1:38
Marlishausen	7.80	43:37	5:35	15	16:17	15	16:17	14.40	1:09:09	4:48	6	17:55	6	17:55
Angelhausen	6.00	29:26	4:54	9	4:57	9	4:57	20.40	1:38:35	4:49	6	22:02	6	22:02
Roda	7.40	35:38	4:48	7	5:53	7	5:53	27.80	2:14:13	4:49	7	27:55	7	27:55
Neuroda	7.10	41:24	5:49	13	11:47	13	11:47	34.90	2:55:37	5:01	8	39:42	8	39:42
Reinsfeld	9.80	51:16	5:13	10	13:17	10	13:17	44.70	3:46:53	5:04	9	41:02	9	41:02
Dosdorf	6.90	36:40	5:18	9	9:34	9	9:34	51.60	4:23:33	5:06	9	48:01	9	48:01
Arnstadt Markt	8.00	47:11	5:53	12	14:14	12	14:14	59.60	5:10:44	5:12	9	1:02:15	9	1:02:15