



9. Arnstädter Alteburgstaffellauf

Arnstadt / 17.05.2023

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Marienstift Arnstadt

□□: Marienstift Arnstadt

□□: 11

□□: 6.00 km

Staffel 5 x 1,2 km

□□□□:

Staffel

□□□: 41:22

□□: 8.70 km/h

□□□□: 6:53 min/km

□□□□□: 23 (of 26)

□□□□□□: 25:51

□□□□□: 23(of 26)

□□□□□□□: 25:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Wechsel	1.20	7:08	5:56	22	2:36	22	2:36	1.20	7:08	5:56	22	2:36	22	2:36
Wechsel	1.20	8:07	6:45	21	2:46	21	2:46	2.40	15:15	6:21	22	5:22	22	5:22
Wechsel	1.20	7:55	6:35	23	2:20	23	2:20	3.60	23:10	6:26	22	7:42	22	7:42
Wechsel	1.20	9:26	7:51	25	4:16	25	4:16	4.80	32:36	6:47	24	11:58	24	11:58
□□	1.20	8:46	7:18	24	3:33	24	3:33	6.00	41:22	6:53	23	15:31	23	15:31