



9. Arnstädter Alteburgstaffellauf

Arnstadt / 17.05.2023

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Marienstift Arnstadt - Friedrich-Behr-Haus 46:33

□□: Marienstift Arnstadt - Friedrich-Behr-Haus

□□: 7.73 km/h

□□: 12

□□□□: 7:46 min/km

□□: 6.00 km

Staffel 5 x 1,2 km

□□□□□: 26 (of 26)

□□□□□□: 25:51

□□□□:

□□□□□: 26(of 26)

Staffel

□□□□□□: 25:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Wechsel	1.20	7:54	6:35	24	3:22	24	3:22	1.20	7:54	6:35	24	3:22	24	3:22
Wechsel	1.20	8:49	7:20	25	3:28	25	3:28	2.40	16:43	6:57	25	6:50	25	6:50
Wechsel	1.20	10:04	8:23	25	4:29	25	4:29	3.60	26:47	7:26	25	11:19	25	11:19
Wechsel	1.20	10:55	9:05	26	5:45	26	5:45	4.80	37:42	7:51	26	17:04	26	17:04
□□	1.20	8:51	7:22	25	3:38	25	3:38	6.00	46:33	7:45	26	20:42	26	20:42