



2. Staffellauf - Rund um Arnstadt

Arnstadt / 04.06.2023

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Arnstadt läuft...!

□□: 6

□□: 61.70 km

Rund um Arnstadt

□□□□:

Männerstaffel

□□□: 5:01:23

□□: 12.14 km/h

□□□□: 4:53 min/km

□□□□□: 4 (of 12)

□□□□□□: 4:43:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Rudisleben	6.60	28:24	4:18	3	1:51	3	1:51	6.60	28:24	4:18	11	1:51	13	1:51
Marlishausen	7.80	30:44	3:56	2	2:18	2	2:18	14.40	59:08	4:06	11	4:09	13	4:09
Angelhausen	6.00	33:46	5:37	8	9:26	9	9:26	20.40	1:32:54	4:33	11	12:54	13	12:54
Roda	7.40	36:30	4:55	6	6:11	7	6:11	27.80	2:09:24	4:39	11	19:05	13	19:05
Neuroda	6.60	34:53	5:17	4	7:10	4	7:10	34.40	2:44:17	4:46	11	26:15	13	26:15
Reinsfeld	10.30	47:05	4:34	4	4:04	4	4:04	44.70	3:31:22	4:43	11	30:19	13	30:19
Dosdorf	9.00	45:10	5:01	7	7:21	7	7:21	53.70	4:16:32	4:46	11	37:24	13	37:24
Arnstadt Markt	8.00	44:51	5:36	6	9:53	7	9:53	61.70	5:01:23	4:53	4	17:32	4	17:32