



2. Staffellauf - Rund um Arnstadt

Arnstadt / 04.06.2023

□□□□

Bis DANN HEIMatfreunde

□□□: 5:39:41

□□: 9

□□: 10.77 km/h

□□□□: 5:31 min/km

□□: 61.70 km

Rund um Arnstadt

□□□□□: 9 (of 12)

□□□□□□: 4:43:51

□□□□:

□□□□□: 7(of 10)

Männerstaffel

□□□□□□□: 4:43:51

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Rudisleben	6.60	1:15:57	11:30	10	49:24	12	49:24	6.60	1:15:57	11:30	11	49:24	13	49:24
Marlishausen	7.80	34:16	4:23	4	5:50	4	5:50	14.40	1:50:13	7:39	11	55:14	13	55:14
Angelhausen	6.00	29:21	4:53	6	5:01	6	5:01	20.40	2:19:34	6:50	11	59:34	13	59:34
Roda	7.40	35:31	4:47	4	5:12	5	5:12	27.80	2:55:05	6:17	11	1:04:46	13	1:04:46
Neuroda	6.60	33:13	5:01	3	5:30	3	5:30	34.40	3:28:18	6:03	11	1:10:16	13	1:10:16
Reinsfeld	10.30	44:29	4:19	2	1:28	2	1:28	44.70	4:12:47	5:39	11	1:11:44	13	1:11:44
Dosdorf	9.00	41:25	4:36	5	3:36	5	3:36	53.70	4:54:12	5:28	11	1:15:04	13	1:15:04
Arnstadt Markt	8.00	45:29	5:41	8	10:31	9	10:31	61.70	5:39:41	5:30	7	55:50	9	55:50