



2. Staffellauf - Rund um Arnstadt

Arnstadt / 04.06.2023

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Kesselbrunn Runners

□□□: 5:27:11

□□: 3

□□: 11.19 km/h

□□□□: 5:18 min/km

□□: 61.70 km

Rund um Arnstadt

□□□□□: 6 (of 12)

□□□□□□: 4:43:51

□□□□:

□□□□□: 6(of 10)

Männerstaffel

□□□□□□□: 4:43:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Rudisleben	6.60	28:37	4:20	4	2:04	4	2:04	6.60	28:37	4:20	11	2:04	13	2:04
Marlishausen	7.80	49:31	6:20	10	21:05	12	21:05	14.40	1:18:08	5:25	11	23:09	13	23:09
Angelhausen	6.00	35:10	5:51	10	10:50	11	10:50	20.40	1:53:18	5:33	11	33:18	13	33:18
Roda	7.40	39:56	5:23	8	9:37	10	9:37	27.80	2:33:14	5:30	11	42:55	13	42:55
Neuroda	6.60	31:42	4:48	2	3:59	2	3:59	34.40	3:04:56	5:22	11	46:54	13	46:54
Reinsfeld	10.30	1:00:20	5:51	9	17:19	11	17:19	44.70	4:05:16	5:29	11	1:04:13	13	1:04:13
Dosdorf	9.00	37:49	4:12	1	-	1	-	53.70	4:43:05	5:16	11	1:03:57	13	1:03:57
Arnstadt Markt	8.00	44:06	5:30	4	9:08	5	9:08	61.70	5:27:11	5:18	6	43:20	6	43:20