



2. Staffellauf - Rund um Arnstadt

Arnstadt / 04.06.2023

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N3 Sportverein

□□□: 5:21:54

□□: 5

□□: 11.50 km/h

□□□□: 5:13 min/km

□□: 61.70 km

Rund um Arnstadt

□□□□□: 5 (of 12)

□□□□□□: 4:43:51

□□□□:

□□□□□: 5(of 10)

Männerstaffel

□□□□□□□: 4:43:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Rudisleben	6.60	36:41	5:33	7	10:08	8	10:08	6.60	36:41	5:33	11	10:08	13	10:08
Marlishausen	7.80	45:09	5:47	8	16:43	9	16:43	14.40	1:21:50	5:40	11	26:51	13	26:51
Angelhausen	6.00	27:20	4:33	3	3:00	3	3:00	20.40	1:49:10	5:21	11	29:10	13	29:10
Roda	7.40	33:32	4:31	3	3:13	3	3:13	27.80	2:22:42	5:07	11	32:23	13	32:23
Neuroda	6.60	37:33	5:41	8	9:50	8	9:50	34.40	3:00:15	5:14	11	42:13	13	42:13
Reinsfeld	10.30	58:32	5:40	8	15:31	10	15:31	44.70	3:58:47	5:20	11	57:44	13	57:44
Dosdorf	9.00	44:05	4:53	6	6:16	6	6:16	53.70	4:42:52	5:16	11	1:03:44	13	1:03:44
Arnstadt Markt	8.00	39:02	4:52	3	4:04	3	4:04	61.70	5:21:54	5:13	5	38:03	5	38:03