



2. Staffellauf - Rund um Arnstadt

Arnstadt / 04.06.2023

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Langstrecke Arnstadt

□□□: 4:43:51

□□: 11

□□: 12.89 km/h

□□□□: 4:36 min/km

□□: 61.70 km

Rund um Arnstadt

□□□□□: 1 (of 12)

□□□□□□: 4:43:51

□□□□:

□□□□□: 1(of 10)

Männerstaffel

□□□□□□□: 4:43:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Rudisleben	6.60	31:55	4:50	5	5:22	6	5:22	6.60	31:55	4:50	11	5:22	13	5:22
Marlishausen	7.80	33:42	4:19	3	5:16	3	5:16	14.40	1:05:37	4:33	11	10:38	13	10:38
Angelhausen	6.00	24:20	4:03	1	-	1	-	20.40	1:29:57	4:24	11	9:57	13	9:57
Roda	7.40	33:21	4:30	2	3:02	2	3:02	27.80	2:03:18	4:26	11	12:59	13	12:59
Neuroda	6.60	35:27	5:22	5	7:44	5	7:44	34.40	2:38:45	4:36	11	20:43	13	20:43
Reinsfeld	10.30	48:26	4:42	5	5:25	5	5:25	44.70	3:27:11	4:38	11	26:08	13	26:08
Dosdorf	9.00	38:24	4:15	3	0:35	3	0:35	53.70	4:05:35	4:34	11	26:27	13	26:27
Arnstadt Markt	8.00	38:16	4:46	2	3:18	2	3:18	61.70	4:43:51	4:36	1	-	1	-