



2. Staffellauf - Rund um Arnstadt

Arnstadt / 04.06.2023

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Lauftreff Alteburg

□□□: 5:50:22

□□: 4

□□: 10.45 km/h

□□□□: 5:41 min/km

□□: 61.70 km

Rund um Arnstadt

□□□□□: 11 (of 12)

□□□□□□: 4:43:51

□□□□:

□□□□□: 9(of 10)

Männerstaffel

□□□□□□□: 4:43:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Rudisleben	6.60	35:55	5:26	6	9:22	7	9:22	6.60	35:55	5:26	11	9:22	13	9:22
Marlishausen	7.80	42:58	5:30	7	14:32	8	14:32	14.40	1:18:53	5:28	11	23:54	13	23:54
Angelhausen	6.00	32:29	5:24	7	8:09	8	8:09	20.40	1:51:22	5:27	11	31:22	13	31:22
Roda	7.40	40:42	5:30	10	10:23	12	10:23	27.80	2:32:04	5:28	11	41:45	13	41:45
Neuroda	6.60	42:09	6:23	10	14:26	12	14:26	34.40	3:14:13	5:38	11	56:11	13	56:11
Reinsfeld	10.30	1:00:57	5:55	10	17:56	12	17:56	44.70	4:15:10	5:42	11	1:14:07	13	1:14:07
Dosdorf	9.00	50:43	5:38	8	12:54	8	12:54	53.70	5:05:53	5:41	11	1:26:45	13	1:26:45
Arnstadt Markt	8.00	44:29	5:33	5	9:31	6	9:31	61.70	5:50:22	5:40	9	1:06:31	11	1:06:31