



2. Staffellauf - Rund um Arnstadt

Arnstadt / 04.06.2023

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Rennsteinläufer

□□□: 5:37:12

□□: 7

□□: 10.98 km/h

□□□□: 5:28 min/km

□□: 61.70 km

Rund um Arnstadt

□□□□□: 8 (of 12)

□□□□□□: 4:43:51

□□□□:

□□□□□: 2(of 2)

Mixstaffel

□□□□□□□: 5:36:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Rudisleben	6.60	38:22	5:48	2	8:06	9	11:49	6.60	38:22	5:48	3	8:06	13	11:49
Marlishausen	7.80	36:58	4:44	1	-	5	8:32	14.40	1:15:20	5:13	1	-	13	20:21
Angelhausen	6.00	39:10	6:31	2	7:13	12	14:50	20.40	1:54:30	5:36	3	6:33	13	34:30
Roda	7.40	36:43	4:57	2	3:11	8	6:24	27.80	2:31:13	5:26	3	9:44	13	40:54
Neuroda	6.60	39:42	6:00	2	0:22	10	11:59	34.40	3:10:55	5:32	3	10:06	13	52:53
Reinsfeld	10.30	52:31	5:05	2	2:00	7	9:30	44.70	4:03:26	5:26	3	12:06	13	1:02:23
Dosdorf	9.00	52:14	5:48	1	-	9	14:25	53.70	4:55:40	5:30	3	6:59	13	1:16:32
Arnstadt Markt	8.00	41:32	5:11	1	-	4	6:34	61.70	5:37:12	5:27	2	0:46	8	53:21