



### 3. Staffellauf - Rund um Arnstadt

Arnstadt / 18.05.2024

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#### Trailrunning-Crew Thüringen 2

□□: Club Trailrunning-Crew Thüringen 2

□□: 10

□□: 59.80 km

Rund um Arnstadt

□□□□:

Frauenstaffel

□□□: 4:44:24

□□: 12.45 km/h

□□□□: 4:45 min/km

□□□□□: 6 (of 13)

□□□□□□: 4:07:03

□□□□□: 1(of 1)

□□□□□□□: 4:44:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□	□□ □□
Rudisleben	6.60	26:52	4:04	1	-	2	2:15	6.60	26:52	4:04	1	-	14	2:15	
Marlishausen	7.80	36:41	4:42	1	-	8	5:47	14.40	1:03:33	4:24	1	-	14	8:02	
Angelhausen	6.00	31:36	5:15	1	-	6	7:14	20.40	1:35:09	4:39	1	-	14	15:05	
Roda	7.30	33:59	4:39	1	-	4	2:27	27.70	2:09:08	4:39	1	-	14	17:32	
Neuroda	6.80	33:53	4:58	1	-	5	4:41	34.50	2:43:01	4:43	1	-	14	22:13	
Reinsfeld	10.30	50:58	4:56	1	-	9	8:06	44.80	3:33:59	4:46	1	-	14	29:48	
Dosdorf	7.00	32:46	4:40	1	-	7	5:22	51.80	4:06:45	4:45	1	-	14	32:33	
Marktplatz Arnst:	8.00	37:39	4:42	1	-	5	4:48	59.80	4:44:24	4:45	1	-	6	37:21	