



3. Staffellauf - Rund um Arnstadt

Arnstadt / 18.05.2024

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Arnstadt läuft 1

□□: Club Arnstadt läuft

□□: 1

□□: 59.80 km

Rund um Arnstadt

□□□□:

Männerstaffel

□□□: 5:53:06

□□: 10.03 km/h

□□□□: 5:54 min/km

□□□□□: 13 (of 13)

□□□□□□: 4:07:03

□□□□□: 10(of 10)

□□□□□□□: 4:07:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Rudisleben	6.60	41:25	6:16	10	16:48	13	16:48	6.60	41:25	6:16	11	16:48	14	16:48
Marlishausen	7.80	37:28	4:48	8	6:34	9	6:34	14.40	1:18:53	5:28	11	23:22	14	23:22
Angelhausen	6.00	35:16	5:52	7	10:54	10	10:54	20.40	1:54:09	5:35	11	34:05	14	34:05
Roda	7.30	37:50	5:10	7	6:18	8	6:18	27.70	2:31:59	5:29	11	40:23	14	40:23
Neuroda	6.80	35:40	5:14	6	6:28	8	6:28	34.50	3:07:39	5:26	11	46:51	14	46:51
Reinsfeld	10.30	57:19	5:33	10	14:27	13	14:27	44.80	4:04:58	5:28	11	1:00:47	14	1:00:47
Dosdorf	7.00	44:03	6:17	10	16:39	13	16:39	51.80	4:49:01	5:34	11	1:14:49	14	1:14:49
Marktplatz Arnst:	8.00	1:04:05	8:00	10	31:14	13	31:14	59.80	5:53:06	5:54	10	1:46:03	13	1:46:03