



3. Staffellauf - Rund um Arnstadt

Arnstadt / 18.05.2024

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Die ObeRENN Wipfrataler

□□: Club Die ObeRENN Wipfrataler

□□: 3

□□: 59.80 km

Rund um Arnstadt

□□□□:

Mixstaffel

□□□: 5:28:57

□□: 10.76 km/h

□□□□: 5:30 min/km

□□□□□: 9 (of 13)

□□□□□□: 4:07:03

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□□□□□□□: 5:28:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Rudisleben	6.60	34:37	5:14	1	-	9	10:00	6.60	34:37	5:14	1	-	14	10:00
Marlishausen	7.80	40:40	5:12	1	-	12	9:46	14.40	1:15:17	5:13	1	-	14	19:46
Angelhausen	6.00	34:37	5:46	2	2:35	9	10:15	20.40	1:49:54	5:23	1	-	14	29:50
Roda	7.30	40:20	5:31	1	-	10	8:48	27.70	2:30:14	5:25	1	-	14	38:38
Neuroda	6.80	42:46	6:17	2	8:39	13	13:34	34.50	3:13:00	5:35	1	-	14	52:12
Reinsfeld	10.30	50:38	4:54	1	-	8	7:46	44.80	4:03:38	5:26	1	-	14	59:27
Dosdorf	7.00	41:06	5:52	1	-	10	13:42	51.80	4:44:44	5:29	1	-	14	1:10:32
Marktplatz Arnst:	8.00	44:13	5:31	1	-	10	11:22	59.80	5:28:57	5:30	1	-	9	1:21:54