



3. Staffellauf - Rund um Arnstadt

Arnstadt / 18.05.2024

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Schillerstaffel Rudolstadt MIX

□□: Club Schillerstaffel Rudolstadt MIX

□□: 9

□□: 59.80 km

Rund um Arnstadt

□□□□:

Mixstaffel

□□□: 5:35:00

□□: 10.71 km/h

□□□□: 5:36 min/km

□□□□□: 10 (of 13)

□□□□□□: 4:07:03

□□□□□: 2 (of 2)

□□□□□□□: 5:28:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Rudisleben	6.60	35:31	5:22	2	0:54	10	10:54	6.60	35:31	5:22	3	0:54	14	10:54
Marlishausen	7.80	53:12	6:49	2	12:32	13	22:18	14.40	1:28:43	6:09	3	13:26	14	33:12
Angelhausen	6.00	32:02	5:20	1	-	7	7:40	20.40	2:00:45	5:55	3	10:51	14	40:41
Roda	7.30	40:56	5:36	2	0:36	11	9:24	27.70	2:41:41	5:50	3	11:27	14	50:05
Neuroda	6.80	34:07	5:01	1	-	6	4:55	34.50	3:15:48	5:40	3	2:48	14	55:00
Reinsfeld	10.30	51:39	5:00	2	1:01	10	8:47	44.80	4:07:27	5:31	3	3:49	14	1:03:16
Dosdorf	7.00	42:21	6:02	2	1:15	12	14:57	51.80	4:49:48	5:35	3	5:04	14	1:15:36
Marktplatz Arnst:	8.00	45:12	5:39	2	0:59	12	12:21	59.80	5:35:00	5:36	2	6:03	10	1:27:57