



3. Staffellauf - Rund um Arnstadt

Arnstadt / 18.05.2024

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Langstrecke Arnstadt

□□: Club Langstrecke Arnstadt

□□: 5

□□: 59.80 km

Rund um Arnstadt

□□□□:

Männerstaffel

□□□: 4:25:33

□□: 13.33 km/h

□□□□: 4:26 min/km

□□□□□: 2 (of 13)

□□□□□□: 4:07:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Rudisleben	6.60	27:46	4:12	3	3:09	4	3:09	6.60	27:46	4:12	11	3:09	14	3:09
Marlishausen	7.80	33:44	4:19	3	2:50	3	2:50	14.40	1:01:30	4:16	11	5:59	14	5:59
Angelhausen	6.00	26:55	4:29	4	2:33	4	2:33	20.40	1:28:25	4:20	11	8:21	14	8:21
Roda	7.30	32:31	4:27	2	0:59	2	0:59	27.70	2:00:56	4:21	11	9:20	14	9:20
Neuroda	6.80	31:51	4:41	4	2:39	4	2:39	34.50	2:32:47	4:25	11	11:59	14	11:59
Reinsfeld	10.30	42:52	4:09	1	-	1	-	44.80	3:15:39	4:22	11	11:28	14	11:28
Dosdorf	7.00	30:23	4:20	4	2:59	4	2:59	51.80	3:46:02	4:21	11	11:50	14	11:50
Marktplatz Arnst:	8.00	39:31	4:56	5	6:40	6	6:40	59.80	4:25:33	4:26	2	18:30	2	18:30