



3. Staffellauf - Rund um Arnstadt

Arnstadt / 18.05.2024

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Trailrunning-Crew Thüringen 3

□□: Club Trailrunning-Crew Thüringen 3

□□: 8

□□: 59.80 km

Rund um Arnstadt

□□□□:

Männerstaffel

□□□: 4:36:19

□□: 12.81 km/h

□□□□: 4:37 min/km

□□□□□: 5 (of 13)

□□□□□□: 4:07:03

□□□□□: 5(of 10)

□□□□□□□: 4:07:03

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|------|---------|---------|-----------|-----------|
| Rudisleben | 6.60 | 27:20 | 4:08 | 2 | 2:43 | 3 | 2:43 | 6.60 | 27:20 | 4:08 | 11 | 2:43 | 14 | 2:43 |
| Marlishausen | 7.80 | 32:47 | 4:12 | 2 | 1:53 | 2 | 1:53 | 14.40 | 1:00:07 | 4:10 | 11 | 4:36 | 14 | 4:36 |
| Angelhausen | 6.00 | 26:03 | 4:20 | 3 | 1:41 | 3 | 1:41 | 20.40 | 1:26:10 | 4:13 | 11 | 6:06 | 14 | 6:06 |
| Roda | 7.30 | 36:01 | 4:56 | 5 | 4:29 | 6 | 4:29 | 27.70 | 2:02:11 | 4:24 | 11 | 10:35 | 14 | 10:35 |
| Neuroda | 6.80 | 34:36 | 5:05 | 5 | 5:24 | 7 | 5:24 | 34.50 | 2:36:47 | 4:32 | 11 | 15:59 | 14 | 15:59 |
| Reinsfeld | 10.30 | 47:22 | 4:35 | 6 | 4:30 | 6 | 4:30 | 44.80 | 3:24:09 | 4:33 | 11 | 19:58 | 14 | 19:58 |
| Dosdorf | 7.00 | 32:00 | 4:34 | 6 | 4:36 | 6 | 4:36 | 51.80 | 3:56:09 | 4:33 | 11 | 21:57 | 14 | 21:57 |
| Marktplatz Arnst: | 8.00 | 40:10 | 5:01 | 6 | 7:19 | 7 | 7:19 | 59.80 | 4:36:19 | 4:37 | 5 | 29:16 | 5 | 29:16 |