



3. Staffellauf - Rund um Arnstadt

Arnstadt / 18.05.2024

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Arnstadt läuft 2

□□: Club Arnstadt läuft 2

□□: 11

□□: 59.80 km

Rund um Arnstadt

□□□□:

Männerstaffel

□□□: 5:01:32

□□: 11.74 km/h

□□□□: 5:02 min/km

□□□□□: 7 (of 13)

□□□□□□: 4:07:03

□□□□□: 6(of 10)

□□□□□□□: 4:07:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Rudisleben	6.60	30:36	4:38	5	5:59	6	5:59	6.60	30:36	4:38	11	5:59	14	5:59
Marlishausen	7.80	39:38	5:04	10	8:44	11	8:44	14.40	1:10:14	4:52	11	14:43	14	14:43
Angelhausen	6.00	33:11	5:31	6	8:49	8	8:49	20.40	1:43:25	5:04	11	23:21	14	23:21
Roda	7.30	38:42	5:18	8	7:10	9	7:10	27.70	2:22:07	5:07	11	30:31	14	30:31
Neuroda	6.80	31:44	4:40	3	2:32	3	2:32	34.50	2:53:51	5:02	11	33:03	14	33:03
Reinsfeld	10.30	49:41	4:49	7	6:49	7	6:49	44.80	3:43:32	4:59	11	39:21	14	39:21
Dosdorf	7.00	34:26	4:55	7	7:02	8	7:02	51.80	4:17:58	4:58	11	43:46	14	43:46
Marktplatz Arnst:	8.00	43:34	5:26	8	10:43	9	10:43	59.80	5:01:32	5:02	6	54:29	7	54:29