



3. Staffellauf - Rund um Arnstadt

Arnstadt / 18.05.2024

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Kesselbrunn Runners und Freunde

□□□: 5:02:34

□□: Club Kesselbrunn Runners und Freunde

□□: 11.70 km/h

□□: 4

□□□□: 5:03 min/km

□□: 59.80 km

Rund um Arnstadt

□□□□□: 8 (of 13)

□□□□□□: 4:07:03

□□□□:

□□□□□: 7(of 10)

Männerstaffel

□□□□□□□: 4:07:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Rudisleben	6.60	33:59	5:08	7	9:22	8	9:22	6.60	33:59	5:08	11	9:22	14	9:22
Marlishausen	7.80	38:46	4:58	9	7:52	10	7:52	14.40	1:12:45	5:03	11	17:14	14	17:14
Angelhausen	6.00	36:54	6:08	8	12:32	11	12:32	20.40	1:49:39	5:22	11	29:35	14	29:35
Roda	7.30	36:02	4:56	6	4:30	7	4:30	27.70	2:25:41	5:15	11	34:05	14	34:05
Neuroda	6.80	40:03	5:53	10	10:51	12	10:51	34.50	3:05:44	5:23	11	44:56	14	44:56
Reinsfeld	10.30	46:06	4:28	4	3:14	4	3:14	44.80	3:51:50	5:10	11	47:39	14	47:39
Dosdorf	7.00	27:24	3:54	1	-	1	-	51.80	4:19:14	5:00	11	45:02	14	45:02
Marktplatz Arnst:	8.00	43:20	5:25	7	10:29	8	10:29	59.80	5:02:34	5:03	7	55:31	8	55:31