



# 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

0000

Müller, Rene

00: sunways

00: 188

00: 5.00 km

sunways 5-km-Lauf

0000:

Senioren M30 (30-34 Jahre)

000: 24:30

00: 12.24 km/h

0000: 04:54 min/km

00000/000: 24 (of 76)

00000/0: 18 (of 45)

000000: 17:06

00000: 1(of 7)

0000000: 24:30

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	0.44	2:12	5:00	1	-	28	0:45	0.44	2:12	5:00	1	-	40	
00 2	2.08	10:02	4:49	1	-	20	3:10	2.52	12:14	4:51	1	-	40	
00 3	2.08	10:13	4:54	1	-	17	2:55	4.60	22:27	4:52	1	-	38	
000 00	0.41	2:03	5:00	2	0:03	24	0:39	5.00	24:30	4:54	1	-	18	7:24