



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

0000

George, Jens

00: sunways

00: 191

00: 5.00 km

sunways 5-km-Lauf

0000:

Senioren M35 (35-39 Jahre)

000: 27:22

00: 10.96 km/h

0000: 05:28 min/km

00000/000: 32 (of 76)

00000/0: 23 (of 45)

000000: 17:06

00000: 2(of 5)

0000000: 22:57

0000

0000

000

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	2:15	5:06	2	0:26	29	0:48	0.44	2:15	5:06	2	0:26	13	
00 2	2.08	10:55	5:14	2	1:46	25	4:03	2.52	13:10	5:13	2	2:12	13	
00 3	2.08	11:58	5:45	3	1:52	25	4:40	4.60	25:08	5:27	2	4:04	12	
000 00	0.41	2:14	5:26	3	0:21	28	0:50	5.00	27:22	5:28	2	4:25	23	10:16