



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

0000

Werner, Kathleen

RSV

240

5.00 km

sunways 5-km-Lauf

0000:

Seniorinnen W35 (35-39 Jahre)

000: 27:58

00: 10.73 km/h

0000: 05:35 min/km

00000/000: 40 (of 76)

00000/0: 13 (of 31)

000000: 19:17

00000: 1(of 2)

0000000: 27:58

0000

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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	2:05	4:44	1	-	9	0:33	0.44	2:05	4:44	1	-	19	
00 2	2.08	11:13	5:23	1	-	13	3:24	2.52	13:18	5:16	1	-	17	
00 3	2.08	12:18	5:54	1	-	12	4:02	4.60	25:36	5:33	1	-	16	
000 00	0.41	2:22	5:46	1	-	15	0:46	5.00	27:58	5:35	1	-	12	8:41