



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

0000

Zeuner, Konstanze

00: sunways

00: 206

00: 5.00 km

sunways 5-km-Lauf

0000:

Frauen (20-29 Jahre)

000: 30:11

00: 9.94 km/h

0000: 06:02 min/km

00000/000: 55 (of 76)

00000/0: 18 (of 31)

000000: 19:17

00000: 6(of 9)

0000000: 19:17

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	2:34	5:50	9	1:02	24	1:02	0.44	2:34	5:50	6	1:02	14	0:25
00 2	2.08	11:40	5:36	6	3:51	17	3:51	2.52	14:14	5:38	6	4:53	13	0:10
00 3	2.08	13:12	6:20	6	4:56	16	4:56	4.60	27:26	5:57	6	9:49	12	1:40
000 00	0.41	2:45	6:42	9	1:09	25	1:09	5.00	30:11	6:02	6	10:54	18	10:54