



# 22. Arnstädter Citylauf

Arnstadt / 28.04.2012

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**Trautmann, Andrea**

00: sunways

00: 205

00: 5.00 km

sunways 5-km-Lauf

0000:

Seniorinnen W40 (40-44 Jahre)

000: 30:14

00: 9.92 km/h

0000: 06:03 min/km

00000/000: 56 (of 76)

00000/0: 19 (of 31)

000000: 19:17

00000: 1(of 4)

0000000: 30:14

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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	2:30	5:40	3	0:26	21	0:58	0.44	2:30	5:40	1	-	13	0:21
00 2	2.08	11:49	5:40	1	-	18	4:00	2.52	14:19	5:40	1	-	12	0:15
00 3	2.08	13:19	6:24	1	-	17	5:03	4.60	27:38	6:00	1	-	11	1:52
000 00	0.41	2:36	6:20	1	-	19	1:00	5.00	30:14	6:02	1	-	19	10:57