



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

0000

Grimmenstein, Mike

00: sunways

00: 196

00: 5.00 km

sunways 5-km-Lauf

0000:

Senioren M45 (45-49 Jahre)

000: 30:17

00: 9.91 km/h

0000: 06:04 min/km

00000/000: 58 (of 76)

00000/0: 39 (of 45)

000000: 17:06

00000: 6(of 7)

0000000: 17:06

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	2:31	5:43	6	1:04	36	1:04	0.44	2:31	5:43	6	1:04	4	0:15
00 2	2.08	11:34	5:33	6	4:42	27	4:42	2.52	14:05	5:35	6	5:46	17	
00 3	2.08	13:33	6:30	6	6:15	37	6:15	4.60	27:38	6:00	6	12:01	16	0:38
000 00	0.41	2:39	6:27	6	1:10	42	1:15	5.00	30:17	6:03	6	13:11	39	13:11