



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

0000

Voigtmann, Katja

00: Ichtshausen

00: 318

00: 10.00 km

Die Schwenninger 10-km-Lauf

0000:

Frauen (20-29 Jahre)

000: 45:35

00: 13.16 km/h

0000: 4:34 min/km

00000/000: 45 (of 104)

00000/0: 1 (of 19)

000000: 45:35

00000: 1(of 8)

0000000: 45:35

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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 | 1.70 | 7:16 | 4:16 | 2 | 0:17 | 2 | 0:17 | 1.70 | 7:16 | 4:16 | 1 | - | 1 | - |
| 00 2 | 2.34 | 10:46 | 4:36 | 1 | - | 1 | - | 4.04 | 18:02 | 4:27 | 1 | - | 10 | - |
| 00 3 | 2.34 | 10:51 | 4:38 | 1 | - | 1 | - | 6.38 | 28:53 | 4:31 | 1 | - | 10 | - |
| 00 4 | 2.34 | 10:57 | 4:40 | 1 | - | 1 | - | 8.72 | 39:50 | 4:34 | 1 | - | 10 | - |
| 000 Ziel | 1.28 | 5:45 | 4:29 | 1 | - | 1 | - | 10.00 | 45:35 | 4:33 | 1 | - | 1 | - |