



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

0000

Nehrig, Marko

00: Ks Sportsworld

00: 274

00: 10.00 km

Schwenninger 10-km-Lauf

0000:

Senioren M30 (30-34 Jahre)

000: 45:19

00: 13.24 km/h

0000: 4:32 min/km

00000/0000: 27 (of 84)

00000/0: 25 (of 61)

000000: 37:26

00000: 7(of 14)

0000000: 40:05

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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	1.67	7:44	4:37	10	1:43	42	1:43	1.67	7:44	4:37	10	1:43	42	1:43
00 2	2.35	10:35	4:30	7	1:23	25	1:35	4.02	18:19	4:33	8	3:06	30	3:13
00 3	2.35	10:36	4:30	6	0:58	20	1:38	6.37	28:55	4:32	7	4:04	27	4:42
00 4	2.35	10:48	4:35	6	0:56	23	1:56	8.72	39:43	4:33	7	5:00	26	6:37
000 Ziel	1.28	5:36	4:22	6	0:43	20	1:16	10.00	45:19	4:31	7	5:14	25	7:53