

ARNDT, Kirsti

□□: -□□: 6

□□: 9.75 km10 km Lauf

Seniorinnen W45 (45-49 Jahre)

□□□: 49:09

□□: 10.99 km/h

□□□: 5:02 min/km

_____: 59 (of 215)

____: 41:42

□□□□: 2(of 12)

____: 41:42

	km		min/km	-	-			km		min/km	-	-		
<u> </u>	3.25	15:34	4:47	2	2:10	6	2:10	3.25	15:34	4:47	2	2:10	6	2:10
<u> </u>	3.25	16:56	5:12	2	3:01	10	3:01	6.50	32:30	5:00	2	5:11	6	5:11
	3.25	16:39	5:07	2	2:16	6	2:16	9.75	49:09	5:02	2	7:27	7	29:56