



42. Alteburglauf  
Arnstadt / 10.09.2021

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**Beyer, Nicole**

□□: SV Ichtershausen

□□: 430

□□: 21.10 km

Halbmarathon

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 2:00:04

□□: 10.54 km/h

□□□□: 5:41 min/km

□□□□□/□□□: 5 (of 11)

□□□□□/□: 1 (of 2)

□□□□□□: 2:00:04

□□□□□: 1(of 1)

□□□□□□□: 2:00:04

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| □□□           | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|---------------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Wendestelle   | 10.40    | 58:08    | 5:35         | 1       | -       | 1       | -       | 10.40     | 58:08     | 5:35          | 1       | -       | 1       | -       |
| Alteburg-Turm | 10.70    | 1:01:56  | 5:47         | 1       | -       | 1       | -       | 21.10     | 2:00:04   | 5:41          | 1       | -       | 1       | -       |