



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

0000

Erdmann, Matthias

00: LSV Lok Arnstadt

00: 311

00: 10.00 km

10-km-Lauf

0000:

Senioren M50 (50-54 Jahre)

000: 55:14

00: 10.86 km/h

0000: 5:31 min/km

00000/000: 47 (of 66)

00000/0: 37 (of 48)

000000: 36:19

00000: 8(of 9)

0000000: 40:17

0000

0000

000

| 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 | 8:37  | 5:09   | 8  | 2:05 | 39 | 2:49 | 1.67  | 8:37  | 5:09   | 8  | 2:05  | 39 | 2:49  |
| 00 2     | 2.35 | 12:40 | 5:23   | 8  | 3:11 | 37 | 4:11 | 4.02  | 21:17 | 5:17   | 8  | 5:09  | 37 | 6:59  |
| 00 3     | 2.35 | 13:14 | 5:37   | 8  | 3:40 | 37 | 4:38 | 6.37  | 34:31 | 5:25   | 8  | 8:49  | 37 | 11:37 |
| 00 4     | 2.35 | 13:24 | 5:42   | 8  | 3:55 | 37 | 4:35 | 8.72  | 47:55 | 5:29   | 8  | 12:44 | 38 | 16:11 |
| 000 Ziel | 1.28 | 7:19  | 5:42   | 8  | 2:13 | 36 | 2:44 | 10.00 | 55:14 | 5:31   | 8  | 14:57 | 37 | 18:55 |