



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

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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

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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	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