



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

0000

Furch, Norbert

00: Arnstadt

00: 366

00: 10.00 km

10-km-Lauf

0000:

Senioren M35 (35-39 Jahre)

000: 56:12

00: 10.68 km/h

0000: 5:37 min/km

00000/000: 52 (of 66)

00000/0: 41 (of 48)

000000: 36:19

00000: 10(of 10)

0000000: 36:19

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	8:49	5:16	10	3:00	42	3:01	1.67	8:49	5:16	10	3:00	42	3:01
00 2	2.35	12:55	5:29	10	4:26	39	4:26	4.02	21:44	5:24	10	7:26	40	7:26
00 3	2.35	13:19	5:39	9	4:42	38	4:43	6.37	35:03	5:30	10	12:08	40	12:09
00 4	2.35	13:34	5:46	9	4:45	38	4:45	8.72	48:37	5:34	10	16:53	39	16:53
000 Ziel	1.28	7:35	5:55	9	3:00	40	3:00	10.00	56:12	5:37	10	19:53	40	19:53