



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

0000

Frankenberg, Anna

00: Plaue

00: 313

00: 10.00 km

10-km-Lauf

0000:

Seniorinnen W35 (35-39 Jahre)

000: 1:04:44

00: 9.27 km/h

0000: 6:28 min/km

00000/0000: 61 (of 66)

00000/0: 17 (of 18)

000000: 41:08

00000: 4(of 4)

0000000: 51:31

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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 | 8:54 | 5:19 | 2 | 1:06 | 14 | 2:15 | 1.67 | 8:54 | 5:19 | 2 | 1:06 | 14 | 2:15 |
| 00 2 | 2.35 | 14:26 | 6:08 | 4 | 2:25 | 17 | 4:53 | 4.02 | 23:20 | 5:48 | 3 | 3:31 | 15 | 7:08 |
| 00 3 | 2.35 | 15:20 | 6:31 | 4 | 3:03 | 17 | 5:35 | 6.37 | 38:40 | 6:04 | 4 | 6:34 | 17 | 12:43 |
| 00 4 | 2.35 | 16:31 | 7:01 | 4 | 3:56 | 17 | 6:42 | 8.72 | 55:11 | 6:19 | 4 | 10:30 | 17 | 19:25 |
| 000 Ziel | 1.28 | 9:33 | 7:27 | 4 | 2:43 | 18 | 4:11 | 10.00 | 1:04:44 | 6:28 | 4 | 13:13 | 17 | 23:36 |