



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

0000

Wagner, Philipp

00: Langstrecke Arnstadt

00: 354

00: 10.00 km

10-km-Lauf

0000:

Senioren M35 (35-39 Jahre)

000: 46:14

00: 12.98 km/h

0000: 4:37 min/km

00000/000: 16 (of 66)

00000/0: 15 (of 48)

000000: 36:19

00000: 6(of 10)

0000000: 36:19

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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 | 7:11 | 4:18 | 6 | 1:22 | 19 | 1:23 | 1.67 | 7:11 | 4:18 | 6 | 1:22 | 19 | 1:23 |
| 00 2 | 2.35 | 10:45 | 4:34 | 5 | 2:16 | 15 | 2:16 | 4.02 | 17:56 | 4:27 | 5 | 3:38 | 17 | 3:38 |
| 00 3 | 2.35 | 11:00 | 4:40 | 5 | 2:23 | 14 | 2:24 | 6.37 | 28:56 | 4:32 | 6 | 6:01 | 16 | 6:02 |
| 00 4 | 2.35 | 11:17 | 4:48 | 6 | 2:28 | 15 | 2:28 | 8.72 | 40:13 | 4:36 | 6 | 8:29 | 15 | 8:29 |
| 000 Ziel | 1.28 | 6:01 | 4:42 | 6 | 1:26 | 17 | 1:26 | 10.00 | 46:14 | 4:37 | 6 | 9:55 | 15 | 9:55 |