



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

0000

Witting, Hannes

000: 52:08

00: Geratal

00: 11.51 km/h

00: 357

0000: 5:13 min/km

00: 10.00 km

00000/000: 40 (of 66)

10-km-Lauf

00000/0: 34 (of 48)

000000: 36:19

0000:

00000: 8(of 10)

Senioren M35 (35-39 Jahre)

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	7:50	4:41	9	2:01	33	2:02	1.67	7:50	4:41	9	2:01	33	2:02
00 2	2.35	12:02	5:07	8	3:33	34	3:33	4.02	19:52	4:56	8	5:34	33	5:34
00 3	2.35	12:32	5:19	8	3:55	34	3:56	6.37	32:24	5:05	8	9:29	34	9:30
00 4	2.35	13:08	5:35	8	4:19	35	4:19	8.72	45:32	5:13	8	13:48	34	13:48
000 Ziel	1.28	6:36	5:09	7	2:01	29	2:01	10.00	52:08	5:12	8	15:49	34	15:49