



44. Alteburglauf

Arnstadt / 05.05.2023

0000

Seibert, Christian

00: Arnstadt
00: 371

00: 21.00 km
Halbmarathon

0000:
Senioren M50 (50-54)

000: 2:07:17

00: 9.90 km/h
0000: 6:04 min/km

00000/000: 18 (of 27)

00000/0: 17 (of 24)

000000: 1:31:35

00000: 4(of 5)

0000000: 1:45:58

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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	10.50	1:01:53	5:53	4	7:21	17	17:39	10.50	1:01:53	5:53	4	7:21	17	17:39
00 2	10.40	1:04:55	6:14	4	13:51	18	17:56	20.90	2:06:48	6:04	4	21:12	17	35:35
000 Alteburg-Tur	0.10	0:29	4:49	3	0:07	15	0:10	21.00	2:07:17	6:03	4	21:19	17	35:42