



44. Alteburglauf

Arnstadt / 05.05.2023

0000

Keßler, Jörg

00: Arnstadt
00: 361

00: 21.00 km
Halbmarathon

0000:
Senioren M55 (55-59)

000: 2:21:14

00: 8.92 km/h
0000: 6:44 min/km

00000/000: 26 (of 27)

00000/0: 23 (of 24)

000000: 1:31:35

00000: 2(of 2)

0000000: 2:10:19

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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	10.50	1:09:03	6:34	2	4:02	23	24:49	10.50	1:09:03	6:34	2	4:02	23	24:49
00 2	10.40	1:11:39	6:53	2	6:47	22	24:40	20.90	2:20:42	6:43	2	10:49	23	49:29
000 Alteburg-Tur	0.10	0:32	5:19	2	0:06	17	0:13	21.00	2:21:14	6:43	2	10:55	22	49:39