



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

0000

**Vettrich, Maik**

00: RSV Adler Arnstadt

00: 202

00: 10.00 km

10-km-Lauf

0000:

Senioren M35 (35-39 Jahre)

000: 54:47

00: 10.95 km/h

0000: 5:29 min/km

00000/000: 50 (of 68)

00000/0: 40 (of 52)

000000: 36:20

00000: 10(of 11)

0000000: 36:20

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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	8:09	4:52	10	2:31	39	2:31	1.67	8:09	4:52	10	2:31	39	2:31
00 2	2.35	12:40	5:23	11	3:58	38	3:58	4.02	20:49	5:10	11	6:29	40	6:29
00 3	2.35	13:12	5:37	11	4:32	42	4:32	6.37	34:01	5:20	11	11:01	42	11:01
00 4	2.35	13:34	5:46	11	4:52	43	4:52	8.72	47:35	5:27	11	15:53	41	15:53
000 Ziel	1.28	7:12	5:37	10	2:34	39	2:34	10.00	54:47	5:28	10	18:27	40	18:27