



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

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Täschner, Lars

00: Arnstadt

00: 218

00: 10.00 km

10-km-Lauf

0000:

Senioren M35 (35-39 Jahre)

000: 55:13

00: 10.87 km/h

0000: 5:31 min/km

00000/0000: 52 (of 68)

00000/0: 42 (of 52)

000000: 36:20

00000: 11(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	7:32	4:30	8	1:54	32	1:54	1.67	7:32	4:30	8	1:54	32	1:54
00 2	2.35	11:38	4:57	8	2:56	27	2:56	4.02	19:10	4:46	8	4:50	30	4:50
00 3	2.35	12:10	5:10	9	3:30	32	3:30	6.37	31:20	4:55	8	8:20	27	8:20
00 4	2.35	12:50	5:27	10	4:08	36	4:08	8.72	44:10	5:03	8	12:28	31	12:28
000 Ziel	1.28	11:03	8:37	11	6:25	52	6:25	10.00	55:13	5:31	11	18:53	42	18:53