



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

0000

Topf, Marcel

00: Gutsmuths RSLV

00: 219

00: 10.00 km

10-km-Lauf

0000:

Senioren M45 (45-49 Jahre)

000: 48:40

00: 12.33 km/h

0000: 4:52 min/km

00000/000: 27 (of 68)

00000/0: 24 (of 52)

000000: 36:20

00000: 2(of 7)

0000000: 41:11

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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 | 7:24 | 4:25 | 3 | 1:11 | 30 | 1:46 | 1.67 | 7:24 | 4:25 | 3 | 1:11 | 30 | 1:46 |
| 00 2 | 2.35 | 11:34 | 4:55 | 2 | 1:58 | 26 | 2:52 | 4.02 | 18:58 | 4:43 | 2 | 3:09 | 26 | 4:38 |
| 00 3 | 2.35 | 11:39 | 4:57 | 2 | 1:52 | 24 | 2:59 | 6.37 | 30:37 | 4:48 | 2 | 5:01 | 26 | 7:37 |
| 00 4 | 2.35 | 11:44 | 4:59 | 2 | 1:39 | 22 | 3:02 | 8.72 | 42:21 | 4:51 | 2 | 6:40 | 25 | 10:39 |
| 000 Ziel | 1.28 | 6:19 | 4:56 | 3 | 0:49 | 23 | 1:41 | 10.00 | 48:40 | 4:51 | 2 | 7:29 | 24 | 12:20 |