



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

0000

Furch, Norbert

00: Die Bügeleisenbande

00: 160

00: 10.00 km

10-km-Lauf

0000:

Senioren M40 (40-44 Jahre)

000: 50:27

00: 11.89 km/h

0000: 5:02 min/km

00000/000: 32 (of 68)

00000/0: 29 (of 52)

000000: 36:20

00000: 3(of 4)

0000000: 40:31

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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 | 8:12  | 4:54   | 3  | 2:04 | 42 | 2:34 | 1.67  | 8:12  | 4:54   | 3  | 2:04 | 42 | 2:34  |
| 00 2     | 2.35 | 11:58 | 5:05   | 3  | 2:28 | 34 | 3:16 | 4.02  | 20:10 | 5:00   | 3  | 4:32 | 36 | 5:50  |
| 00 3     | 2.35 | 11:56 | 5:04   | 3  | 2:17 | 26 | 3:16 | 6.37  | 32:06 | 5:02   | 3  | 6:49 | 36 | 9:06  |
| 00 4     | 2.35 | 12:02 | 5:07   | 3  | 2:09 | 26 | 3:20 | 8.72  | 44:08 | 5:03   | 3  | 8:58 | 30 | 12:26 |
| 000 Ziel | 1.28 | 6:19  | 4:56   | 3  | 0:58 | 23 | 1:41 | 10.00 | 50:27 | 5:02   | 3  | 9:56 | 29 | 14:07 |