



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

0000

Seever, Thorsten

00: SG Motor Arnstadt

00: 187

00: 10.00 km

10-km-Lauf

0000:

Senioren M50 (50-54 Jahre)

000: 51:45

00: 11.59 km/h

0000: 5:11 min/km

00000/000: 42 (of 68)

00000/0: 35 (of 52)

000000: 36:20

00000: 6(of 7)

0000000: 39:53

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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	7:13	4:19	5	1:03	23	1:35	1.67	7:13	4:19	5	1:03	23	1:35
00 2	2.35	11:52	5:02	6	2:23	32	3:10	4.02	19:05	4:44	6	3:26	28	4:45
00 3	2.35	12:19	5:14	6	2:49	34	3:39	6.37	31:24	4:55	6	6:15	29	8:24
00 4	2.35	13:06	5:34	7	3:32	40	4:24	8.72	44:30	5:06	6	9:47	35	12:48
000 Ziel	1.28	7:15	5:39	7	2:05	40	2:37	10.00	51:45	5:10	6	11:52	35	15:25