



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

0000

Müller, Christoph

00: Arnstadt

00: 220

00: 10.00 km

10-km-Lauf

0000:

Senioren M50 (50-54 Jahre)

000: 53:50

00: 11.15 km/h

0000: 5:23 min/km

00000/000: 47 (of 68)

00000/0: 39 (of 52)

000000: 36:20

00000: 7(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	8:08	4:52	7	1:58	38	2:30	1.67	8:08	4:52	7	1:58	38	2:30
00 2	2.35	12:30	5:19	7	3:01	37	3:48	4.02	20:38	5:07	7	4:59	37	6:18
00 3	2.35	13:00	5:31	7	3:30	38	4:20	6.37	33:38	5:16	7	8:29	37	10:38
00 4	2.35	13:05	5:34	6	3:31	39	4:23	8.72	46:43	5:21	7	12:00	39	15:01
000 Ziel	1.28	7:07	5:33	6	1:57	38	2:29	10.00	53:50	5:23	7	13:57	39	17:30