



# 45. Alteburglauf - Hubertus Triebel Gedächtnislauf

Arnstadt / 30.04.2024

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**Ralf Lindenlaub**

000: 2:00:39

00: Die Flinken Gerataler

00: 10.44 km/h

00: 392

0000: 5:43 min/km

00: 21.10 km

00000/000: 9 (of 32)

Halbmarathon

00000/0: 7 (of 25)

000000: 1:26:35

0000:

00000: 2(of 3)

Senioren M50 (50-54) M

0000000: 1:49:52

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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     |
| Runde         | 10.50 | 1:00:08 | 5:43   | 2  | 7:20 | 11 | 18:23 | 10.50 | 1:00:08 | 5:43   | 2  | 7:20  | 11 | 18:23 |
| Runde         | 10.40 | 1:00:03 | 5:46   | 2  | 3:29 | 10 | 42:20 | 20.90 | 2:00:11 | 5:45   | 2  | 10:49 | 10 | 45:48 |
| Alteburg-Turm | 0.20  | 0:28    | 2:19   | 1  | -    | 7  | 0:28  | 21.10 | 2:00:39 | 5:43   | 2  | 10:47 | 7  | 34:04 |