



# 32. Arnstädter Citylauf

Arnstadt / 27.04.2024

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**Aileen Selig**

00: Trailrunning-Crew Thüringen

00: 242

00: 10.00 km

10-km-Lauf (A-B-C Cup)

0000:

Seniorinnen W40 (40-44) L

000: 55:21

00: 10.84 km/h

0000: 5:32 min/km

00000/000: 39 (of 67)

00000/0: 10 (of 25)

000000: 41:41

00000: 4(of 7)

0000000: 45:08

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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
Hammerecke	1.67	8:27	5:03	4	1:22	10	1:36	1.67	8:27	5:03	4	1:22	10	1:36
Hammerecke	2.35	12:40	5:23	4	2:14	9	2:51	4.02	21:07	5:15	4	3:36	10	4:27
000	2.35	13:22	5:41	4	2:39	11	3:31	6.37	34:29	5:24	4	6:15	10	7:58
000	2.35	13:39	5:48	4	2:46	13	3:54	8.72	48:08	5:31	4	9:01	10	11:52
Ziel	1.28	7:13	5:38	4	1:12	10	1:48	10.00	55:21	5:32	4	10:13	10	13:40