



# 32. Arnstädter Citylauf

Arnstadt / 27.04.2024

□□□□

Ines Becker

□□□: 1:00:38

□□: 256

□□: 9.90 km/h

□□□□: 6:03 min/km

□□: 10.00 km

□□□□□/□□□: 58 (of 67)

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

□□□□□/□: 19 (of 25)

□□□□□□: 41:41

□□□□:

□□□□□: 3(of 3)

Seniorinnen W55 (55-59) L

□□□□□□□: 55:31

□□□□

□□□□

□□□

| □□□        | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Hammerecke | 1.67     | 9:09     | 5:28         | 3       | 0:42    | 21      | 2:18    | 1.67  | 9:09      | 5:28      | 3             | 0:42    | 21      | 2:18    |         |
| Hammerecke | 2.35     | 14:08    | 6:00         | 3       | 1:21    | 20      | 4:19    | 4.02  | 23:17     | 5:47      | 3             | 2:03    | 20      | 6:37    |         |
| □□□        | 2.35     | 14:35    | 6:12         | 3       | 1:04    | 20      | 4:44    | 6.37  | 37:52     | 5:56      | 3             | 3:06    | 20      | 11:21   |         |
| □□□        | 2.35     | 14:35    | 6:12         | 3       | 1:11    | 19      | 4:50    | 8.72  | 52:27     | 6:00      | 3             | 4:17    | 19      | 16:11   |         |
| Ziel       | 1.28     | 8:11     | 6:23         | 3       | 0:50    | 20      | 2:46    | 10.00 | 1:00:38   | 6:03      | 3             | 5:07    | 19      | 18:57   |         |