



32. Arnstädter Citylauf
Arnstadt / 27.04.2024

0000

Ingrid Pahn

00: ZahnPAHN.de
00: 261

00: 10.00 km
10-km-Lauf (A-B-C Cup)

0000:
Seniorinnen W60 (60-64) L

000: 57:05

00: 10.51 km/h
0000: 5:42 min/km

00000/000: 46 (of 67)
00000/0: 14 (of 25)
000000: 41:41
00000: 1(of 1)
0000000: 57:05

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Hammerecke	1.67	8:54	5:19	1	-	18	2:03	1.67	8:54	5:19	1	-	18	2:03	
Hammerecke	2.35	13:27	5:43	1	-	16	3:38	4.02	22:21	5:33	1	-	18	5:41	
000	2.35	13:46	5:51	1	-	16	3:55	6.37	36:07	5:40	1	-	18	9:36	
000	2.35	13:49	5:52	1	-	14	4:04	8.72	49:56	5:43	1	-	17	13:40	
Ziel	1.28	7:09	5:35	1	-	9	1:44	10.00	57:05	5:42	1	-	14	15:24	