



# 32. Arnstädter Citylauf

Arnstadt / 27.04.2024

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Sue Singpiel

□□□: 1:02:46

□□: 243

□□: 9.56 km/h

□□□□: 6:16 min/km

□□: 10.00 km

□□□□□/□□□: 60 (of 67)

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

□□□□□/□: 21 (of 25)

□□□□□□: 41:41

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□□□□□: 2(of 2)

Frauen (20-29) L

□□□□□□□: 51:58

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| □□□        | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Hammerecke | 1.67     | 9:36     | 5:44         | 2       | 2:15    | 23      | 2:45    | 1.67  | 9:36      | 5:44      | 2             | 2:15    | 23      | 2:45    |         |
| Hammerecke | 2.35     | 14:49    | 6:18         | 2       | 3:11    | 23      | 5:00    | 4.02  | 24:25     | 6:04      | 2             | 5:26    | 23      | 7:45    |         |
| □□□        | 2.35     | 14:48    | 6:17         | 2       | 2:15    | 22      | 4:57    | 6.37  | 39:13     | 6:09      | 2             | 7:41    | 23      | 12:42   |         |
| □□□        | 2.35     | 15:20    | 6:31         | 2       | 1:56    | 21      | 5:35    | 8.72  | 54:33     | 6:15      | 2             | 9:37    | 21      | 18:17   |         |
| Ziel       | 1.28     | 8:13     | 6:25         | 2       | 1:11    | 21      | 2:48    | 10.00 | 1:02:46   | 6:16      | 2             | 10:48   | 21      | 21:05   |         |