



# 32. Arnstädter Citylauf

Arnstadt / 27.04.2024

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Thomas Tappert

000: 57:31

00: 245

00: 10.43 km/h

0000: 5:45 min/km

00: 10.00 km

00000/000: 50 (of 67)

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

00000/0: 33 (of 42)

000000: 39:22

0000:

00000: 9(of 11)

Senioren M40 (40-44) L

0000000: 41:39

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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	8:56	5:20	8	2:25	30	2:52	1.67	8:56	5:20	8	2:25	30	2:52
Hammerecke	2.35	13:32	5:45	9	3:54	34	4:16	4.02	22:28	5:35	9	6:19	33	7:08
000	2.35	13:55	5:55	9	3:53	34	4:32	6.37	36:23	5:42	9	10:12	34	11:40
000	2.35	13:57	5:56	9	3:48	34	4:26	8.72	50:20	5:46	9	14:00	34	16:06
Ziel	1.28	7:11	5:36	9	1:52	28	2:03	10.00	57:31	5:45	9	15:52	33	18:09