



32. Arnstädter Citylauf
Arnstadt / 27.04.2024

0000

Christian Wittich

00: 274

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

0000:
Senioren M45 (45-49) L

000: 55:49

00: 10.75 km/h
0000: 5:34 min/km

00000/000: 42 (of 67)
00000/0: 30 (of 42)
000000: 39:22
00000: 5(of 7)
0000000: 41:36

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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	7:58	4:46	5	1:27	26	1:54	1.67	7:58	4:46	5	1:27	26	1:54	
Hammerecke	2.35	12:49	5:27	5	3:00	29	3:33	4.02	20:47	5:10	5	4:23	29	5:27	
000	2.35	13:37	5:47	7	3:46	33	4:14	6.37	34:24	5:24	5	7:54	29	9:41	
000	2.35	13:51	5:53	7	4:06	33	4:20	8.72	48:15	5:31	5	11:58	30	14:01	
Ziel	1.28	7:34	5:54	7	2:15	33	2:26	10.00	55:49	5:34	5	14:13	30	16:27	