



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

0000

Thorsten Seever

00: SG Motor Arnstadt

00: 241

00: 10.00 km

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

0000:

Senioren M50 (50-54) L

000: 50:30

00: 11.88 km/h

0000: 5:02 min/km

00000/0000: 26 (of 67)

00000/0: 22 (of 42)

000000: 39:22

00000: 1(of 2)

0000000: 50:30

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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	7:34	4:31	1	-	19	1:30	1.67	7:34	4:31	1	-	19	1:30
Hammerecke	2.35	11:48	5:01	1	-	23	2:32	4.02	19:22	4:49	1	-	19	4:02
000	2.35	12:18	5:14	1	-	24	2:55	6.37	31:40	4:58	1	-	23	6:57
000	2.35	12:11	5:11	1	-	22	2:40	8.72	43:51	5:01	1	-	22	9:37
Ziel	1.28	6:39	5:11	1	-	23	1:31	10.00	50:30	5:02	1	-	22	11:08