



WBG Zukunft Gerauelauf

Erfurt / 24.08.2024

0000

Christoph Weinrich

00: PaceMaker

00: 394

00: 9.25 km

9 km Lauf

0000:

Senioren M30 (30-34)

000: 46:23

00: 11.64 km/h

0000: 5:00 min/km

00000/000: 34 (of 91)

00000/0: 29 (of 57)

000000: 36:04

00000: 2(of 2)

0000000: 38:34

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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 |
| Zwischenzeit I | - | 8:15 | - | 2 | 1:07 | 31 | 2:14 | - | 8:15 | - | 2 | 1:07 | 31 | 2:14 |
| Zwischenzeit I | - | 21:01 | - | 2 | 3:30 | 32 | 4:45 | - | 29:16 | - | 2 | 4:37 | 32 | 6:59 |
| Ziel | 9.25 | 17:07 | - | 2 | 3:12 | 27 | 4:21 | 9.25 | 46:23 | 5:00 | 2 | 7:49 | 29 | 10:19 |