



1. SPORTident Winter-Stundenlaufserie mit Musik (3. Lauf)

Arnstadt / 20.03.2024

0000

Sebastian Petermann

000: 29:28

00: Kesselbrunn Runners

00: 12.22 km/h

00: 19

0000: 4:40 min/km

00: 0.35 km/00

0: 18 (6.3 km)

Halbstundenlauf

00000/0: 3 (of 23)

0000:

00000: 1(of 2)

Senioren M40 (40-44) H

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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
00 1	0.35	1:25	4:02	1	-	2	0:01	0.35	1:25	4:02	1	-	2	0:01
00 2	0.35	1:31	4:19	1	-	2	0:07	0.70	2:56	4:11	1	-	2	0:08
00 3	0.35	1:35	4:31	1	-	3	0:10	1.05	4:31	4:18	1	-	2	0:18
00 4	0.35	1:35	4:31	1	-	2	0:08	1.40	6:06	4:21	1	-	2	0:26
00 5	0.35	1:35	4:31	1	-	3	0:08	1.75	7:41	4:23	1	-	2	0:34
00 6	0.35	1:37	4:37	1	-	3	0:20	2.10	9:18	4:25	1	-	2	0:44
00 7	0.35	1:38	4:40	1	-	4	0:10	2.45	10:56	4:27	1	-	2	0:54
00 8	0.35	1:38	4:40	1	-	3	0:08	2.80	12:34	4:29	1	-	2	1:02
00 9	0.35	1:40	4:45	1	-	3	0:12	3.15	14:14	4:31	1	-	2	1:14
00 10	0.35	1:39	4:42	1	-	2	0:09	3.50	15:53	4:32	1	-	2	1:23
00 11	0.35	1:42	4:51	1	-	3	0:12	3.85	17:35	4:34	1	-	2	1:35
00 12	0.35	1:40	4:45	1	-	4	0:09	4.20	19:15	4:35	1	-	2	1:44
00 13	0.35	1:41	4:48	1	-	2	0:10	4.55	20:56	4:36	1	-	2	1:54
00 14	0.35	1:42	4:51	1	-	4	0:10	4.90	22:38	4:37	1	-	2	2:04
00 15	0.35	1:44	4:57	1	-	4	0:13	5.25	24:22	4:38	1	-	3	2:17
00 16	0.35	1:42	4:51	1	-	6	0:10	5.60	26:04	4:39	1	-	3	2:27
00 17	0.35	1:42	4:51	1	-	4	0:12	5.95	27:46	4:40	1	-	3	2:39
00 18	0.35	1:42	4:51	1	-	4	0:11	6.30	29:28	4:40	1	-	3	2:50