



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

Arnstadt / 20.03.2024

□□□□

Mario Heinrich

□□: Osthäuser SV

□□: 5

□□: 0.35 km/□□

Halbstundenlauf

□□□□:

Senioren M50 (50-54) H

□□□: 29:39

□□: 10.12 km/h

□□□□: 4:58 min/km

□: 17 (5.95 km)

□□□□□/□: 5 (of 23)

□□□□□: 1(of 4)

□□□□

□□□□

□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□  | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1  | 0.35     | 1:36     | 4:34         | 2       | 0:07    | 10      | 0:12    | 0.35 | 1:36      | 4:34      | 2             | 0:07    | 10      | 0:12    |         |
| □□ 2  | 0.35     | 1:32     | 4:22         | 1       | -       | 3       | 0:08    | 0.70 | 3:08      | 4:28      | 2             | 0:04    | 7       | 0:20    |         |
| □□ 3  | 0.35     | 1:34     | 4:28         | 1       | -       | 2       | 0:09    | 1.05 | 4:42      | 4:28      | 1             | -       | 5       | 0:29    |         |
| □□ 4  | 0.35     | 1:38     | 4:40         | 1       | -       | 5       | 0:11    | 1.40 | 6:20      | 4:31      | 1             | -       | 5       | 0:40    |         |
| □□ 5  | 0.35     | 1:41     | 4:48         | 1       | -       | 5       | 0:14    | 1.75 | 8:01      | 4:34      | 1             | -       | 5       | 0:54    |         |
| □□ 6  | 0.35     | 1:42     | 4:51         | 1       | -       | 6       | 0:25    | 2.10 | 9:43      | 4:37      | 1             | -       | 5       | 1:09    |         |
| □□ 7  | 0.35     | 1:44     | 4:57         | 1       | -       | 6       | 0:16    | 2.45 | 11:27     | 4:40      | 1             | -       | 5       | 1:25    |         |
| □□ 8  | 0.35     | 1:47     | 5:05         | 1       | -       | 6       | 0:17    | 2.80 | 13:14     | 4:43      | 1             | -       | 5       | 1:42    |         |
| □□ 9  | 0.35     | 1:47     | 5:05         | 1       | -       | 6       | 0:19    | 3.15 | 15:01     | 4:46      | 1             | -       | 5       | 2:01    |         |
| □□ 10 | 0.35     | 1:47     | 5:05         | 1       | -       | 5       | 0:17    | 3.50 | 16:48     | 4:47      | 1             | -       | 5       | 2:18    |         |
| □□ 11 | 0.35     | 1:47     | 5:05         | 1       | -       | 5       | 0:17    | 3.85 | 18:35     | 4:49      | 1             | -       | 5       | 2:35    |         |
| □□ 12 | 0.35     | 1:48     | 5:08         | 1       | -       | 5       | 0:17    | 4.20 | 20:23     | 4:51      | 1             | -       | 5       | 2:52    |         |
| □□ 13 | 0.35     | 1:52     | 5:20         | 1       | -       | 5       | 0:21    | 4.55 | 22:15     | 4:53      | 1             | -       | 5       | 3:13    |         |
| □□ 14 | 0.35     | 1:50     | 5:14         | 1       | -       | 5       | 0:18    | 4.90 | 24:05     | 4:54      | 1             | -       | 5       | 3:31    |         |
| □□ 15 | 0.35     | 1:53     | 5:22         | 3       | 0:02    | 8       | 0:22    | 5.25 | 25:58     | 4:56      | 1             | -       | 5       | 3:53    |         |
| □□ 16 | 0.35     | 1:50     | 5:14         | 1       | -       | 7       | 0:18    | 5.60 | 27:48     | 4:57      | 1             | -       | 5       | 4:11    |         |
| □□ 17 | 0.35     | 1:51     | 5:17         | 1       | -       | 5       | 0:21    | 5.95 | 29:39     | 4:58      | 1             | -       | 5       | 4:32    |         |