



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

Arnstadt / 20.03.2024

0000

Norbert Wenzlaff

00: Arnstadt

00: 29

00: 0.35 km/00

Halbstundenlauf

0000:

Senioren M60 (60-64) H

000: 29:31

00: 10.16 km/h

0000: 5:16 min/km

0: 16 (5.6 km)

00000/0: 9 (of 23)

00000: 2(of 5)

0000

0000

000

| 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 | 1:35 | 4:31   | 2  | 0:07 | 8  | 0:11 | 0.35 | 1:35  | 4:31   | 2  | 0:07 | 8  | 0:11 |
| 00 2  | 0.35 | 1:39 | 4:42   | 2  | 0:06 | 8  | 0:15 | 0.70 | 3:14  | 4:37   | 2  | 0:13 | 8  | 0:26 |
| 00 3  | 0.35 | 1:43 | 4:54   | 2  | 0:06 | 9  | 0:18 | 1.05 | 4:57  | 4:42   | 2  | 0:19 | 8  | 0:44 |
| 00 4  | 0.35 | 1:48 | 5:08   | 2  | 0:11 | 10 | 0:21 | 1.40 | 6:45  | 4:49   | 2  | 0:30 | 8  | 1:05 |
| 00 5  | 0.35 | 1:47 | 5:05   | 2  | 0:08 | 9  | 0:20 | 1.75 | 8:32  | 4:52   | 2  | 0:38 | 8  | 1:25 |
| 00 6  | 0.35 | 1:50 | 5:14   | 2  | 0:11 | 10 | 0:33 | 2.10 | 10:22 | 4:56   | 2  | 0:49 | 8  | 1:48 |
| 00 7  | 0.35 | 1:51 | 5:17   | 2  | 0:13 | 9  | 0:23 | 2.45 | 12:13 | 4:59   | 2  | 1:02 | 7  | 2:11 |
| 00 8  | 0.35 | 1:54 | 5:25   | 3  | 0:15 | 11 | 0:24 | 2.80 | 14:07 | 5:02   | 2  | 1:17 | 8  | 2:35 |
| 00 9  | 0.35 | 1:53 | 5:22   | 2  | 0:13 | 9  | 0:25 | 3.15 | 16:00 | 5:04   | 2  | 1:30 | 8  | 3:00 |
| 00 10 | 0.35 | 1:52 | 5:20   | 2  | 0:11 | 6  | 0:22 | 3.50 | 17:52 | 5:06   | 2  | 1:41 | 6  | 3:22 |
| 00 11 | 0.35 | 1:56 | 5:31   | 3  | 0:14 | 8  | 0:26 | 3.85 | 19:48 | 5:08   | 2  | 1:55 | 7  | 3:48 |
| 00 12 | 0.35 | 1:58 | 5:37   | 3  | 0:19 | 10 | 0:27 | 4.20 | 21:46 | 5:10   | 2  | 2:14 | 8  | 4:15 |
| 00 13 | 0.35 | 1:58 | 5:37   | 4  | 0:17 | 13 | 0:27 | 4.55 | 23:44 | 5:12   | 2  | 2:31 | 8  | 4:42 |
| 00 14 | 0.35 | 1:55 | 5:28   | 3  | 0:14 | 8  | 0:23 | 4.90 | 25:39 | 5:14   | 2  | 2:45 | 8  | 5:05 |
| 00 15 | 0.35 | 1:53 | 5:22   | 2  | 0:12 | 8  | 0:22 | 5.25 | 27:32 | 5:14   | 2  | 2:57 | 8  | 5:27 |
| 00 16 | 0.35 | 1:59 | 5:40   | 2  | 0:18 | 10 | 0:27 | 5.60 | 29:31 | 5:16   | 2  | 3:15 | 9  | 5:54 |