



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

Arnstadt / 20.03.2024

0000

Felix Beck

00: HSG IIm-Kreis

00: 1

00: 0.35 km/00

Halbstundenlauf

0000:

männliche Jugend U14 (12/13)

000: 29:06

00: 8.25 km/h

0000: 6:23 min/km

0: 13 (4.55 km)

00000/0: 19 (of 23)

00000: 3(of 3)

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	2:00	5:42	1	-	16	0:36	0.35	2:00	5:42	1	-	16	0:36
00 2	0.35	2:04	5:54	1	-	17	0:40	0.70	4:04	5:48	1	-	16	1:16
00 3	0.35	2:06	6:00	1	-	17	0:41	1.05	6:10	5:52	1	-	17	1:57
00 4	0.35	2:06	6:00	1	-	17	0:39	1.40	8:16	5:54	1	-	17	2:36
00 5	0.35	2:12	6:17	1	-	17	0:45	1.75	10:28	5:58	1	-	17	3:21
00 6	0.35	2:17	6:31	3	0:06	20	1:00	2.10	12:45	6:04	1	-	18	4:11
00 7	0.35	2:23	6:48	3	0:26	20	0:55	2.45	15:08	6:10	2	0:26	18	5:06
00 8	0.35	2:18	6:34	2	0:13	17	0:48	2.80	17:26	6:13	2	0:39	18	5:54
00 9	0.35	2:14	6:22	2	0:13	18	0:46	3.15	19:40	6:14	2	0:52	18	6:40
00 10	0.35	2:17	6:31	2	0:20	18	0:47	3.50	21:57	6:16	2	1:12	18	7:27
00 11	0.35	2:33	7:17	3	0:32	20	1:03	3.85	24:30	6:21	2	1:44	18	8:30
00 12	0.35	2:33	7:17	3	0:28	20	1:02	4.20	27:03	6:26	3	2:12	19	9:32
00 13	0.35	2:03	5:51	2	0:10	17	0:32	4.55	29:06	6:23	3	2:22	19	10:04