



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

Arnstadt / 20.03.2024

0000

Tobias Greifzu

000: 29:01

00: 4

00: 12.41 km/h

00: 0.35 km/00

0000: 4:36 min/km

Halbstundenlauf

00: 18 (6.3 km)

0000:

00000/00: 2 (of 23)

Senioren M35 (35-39) H

00000: 1(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 | 1:29 | 4:14 | 1 | - | 4 | 0:05 | 0.35 | 1:29 | 4:14 | 1 | - | 4 | 0:05 |
| 00 2 | 0.35 | 1:33 | 4:25 | 1 | - | 4 | 0:09 | 0.70 | 3:02 | 4:19 | 1 | - | 4 | 0:14 |
| 00 3 | 0.35 | 1:35 | 4:31 | 1 | - | 3 | 0:10 | 1.05 | 4:37 | 4:23 | 1 | - | 3 | 0:24 |
| 00 4 | 0.35 | 1:35 | 4:31 | 1 | - | 2 | 0:08 | 1.40 | 6:12 | 4:25 | 1 | - | 3 | 0:32 |
| 00 5 | 0.35 | 1:34 | 4:28 | 1 | - | 2 | 0:07 | 1.75 | 7:46 | 4:26 | 1 | - | 3 | 0:39 |
| 00 6 | 0.35 | 1:39 | 4:42 | 2 | 0:22 | 4 | 0:22 | 2.10 | 9:25 | 4:29 | 1 | - | 3 | 0:51 |
| 00 7 | 0.35 | 1:35 | 4:31 | 2 | 0:05 | 3 | 0:07 | 2.45 | 11:00 | 4:29 | 1 | - | 3 | 0:58 |
| 00 8 | 0.35 | 1:36 | 4:34 | 1 | - | 2 | 0:06 | 2.80 | 12:36 | 4:30 | 1 | - | 3 | 1:04 |
| 00 9 | 0.35 | 1:40 | 4:45 | 1 | - | 3 | 0:12 | 3.15 | 14:16 | 4:31 | 1 | - | 3 | 1:16 |
| 00 10 | 0.35 | 1:45 | 5:00 | 1 | - | 4 | 0:15 | 3.50 | 16:01 | 4:34 | 1 | - | 3 | 1:31 |
| 00 11 | 0.35 | 1:36 | 4:34 | 1 | - | 2 | 0:06 | 3.85 | 17:37 | 4:34 | 1 | - | 3 | 1:37 |
| 00 12 | 0.35 | 1:39 | 4:42 | 1 | - | 2 | 0:08 | 4.20 | 19:16 | 4:35 | 1 | - | 3 | 1:45 |
| 00 13 | 0.35 | 1:41 | 4:48 | 1 | - | 2 | 0:10 | 4.55 | 20:57 | 4:36 | 1 | - | 3 | 1:55 |
| 00 14 | 0.35 | 1:41 | 4:48 | 1 | - | 2 | 0:09 | 4.90 | 22:38 | 4:37 | 1 | - | 2 | 2:04 |
| 00 15 | 0.35 | 1:38 | 4:40 | 1 | - | 2 | 0:07 | 5.25 | 24:16 | 4:37 | 1 | - | 2 | 2:11 |
| 00 16 | 0.35 | 1:37 | 4:37 | 2 | 0:02 | 3 | 0:05 | 5.60 | 25:53 | 4:37 | 1 | - | 2 | 2:16 |
| 00 17 | 0.35 | 1:35 | 4:31 | 1 | - | 2 | 0:05 | 5.95 | 27:28 | 4:36 | 1 | - | 2 | 2:21 |
| 00 18 | 0.35 | 1:33 | 4:25 | 1 | - | 2 | 0:02 | 6.30 | 29:01 | 4:36 | 1 | - | 2 | 2:23 |