



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

Arnstadt / 31.01.2024

0000

Mario Heinrich

00: Osthäuser SV

00: 6

00: 0.35 km/00

Halbstundenlauf

0000:

Senioren M50 (50-54) H

000: 28:43

00: 11.70 km/h

0000: 5:07 min/km

0: 16 (5.6 km)

00000/0: 6 (of 14)

00000: 1(of 2)

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	1:40	4:45	1	-	3	0:04	0.35	1:40	4:45	1	-	3	0:04
00 2	0.35	1:43	4:54	1	-	6	0:13	0.70	3:23	4:50	1	-	5	0:13
00 3	0.35	1:46	5:02	1	-	5	0:12	1.05	5:09	4:54	1	-	5	0:25
00 4	0.35	1:46	5:02	1	-	6	0:11	1.40	6:55	4:56	1	-	5	0:36
00 5	0.35	1:47	5:05	1	-	7	0:10	1.75	8:42	4:58	1	-	5	0:46
00 6	0.35	1:48	5:08	1	-	7	0:10	2.10	10:30	5:00	1	-	5	0:56
00 7	0.35	1:49	5:11	1	-	7	0:10	2.45	12:19	5:01	1	-	6	1:06
00 8	0.35	1:49	5:11	1	-	6	0:08	2.80	14:08	5:02	1	-	6	1:14
00 9	0.35	1:50	5:14	1	-	7	0:12	3.15	15:58	5:04	1	-	6	1:26
00 10	0.35	1:46	5:02	1	-	6	0:10	3.50	17:44	5:04	1	-	6	1:36
00 11	0.35	1:49	5:11	1	-	6	0:16	3.85	19:33	5:04	1	-	6	1:52
00 12	0.35	1:48	5:08	1	-	6	0:14	4.20	21:21	5:05	1	-	6	2:06
00 13	0.35	1:48	5:08	1	-	6	0:09	4.55	23:09	5:05	1	-	6	2:15
00 14	0.35	1:48	5:08	1	-	6	0:11	4.90	24:57	5:05	1	-	6	2:26
00 15	0.35	1:51	5:17	1	-	8	0:16	5.25	26:48	5:06	1	-	6	2:42
00 16	0.35	1:55	5:28	1	-	7	0:18	5.60	28:43	5:07	1	-	6	2:58