



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

Arnstadt / 31.01.2024

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Uwe Henning

00: SG Einheit Arnstadt e.V.

00: 9

00: 0.35 km/00

Halbstundenlauf

0000:

Senioren M60 (60-64) H

000: 29:54

00: 8.03 km/h

0000: 6:34 min/km

0: 13 (4.55 km)

00000/0: 14 (of 14)

00000: 4(of 4)

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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	2:09	6:08	4	0:33	14	0:33	0.35	2:09	6:08	4	0:33	14	0:33
00 2	0.35	2:13	6:20	4	0:32	14	0:43	0.70	4:22	6:14	4	1:05	14	1:12
00 3	0.35	2:18	6:34	4	0:35	14	0:44	1.05	6:40	6:20	4	1:40	14	1:56
00 4	0.35	2:20	6:40	4	0:41	14	0:45	1.40	9:00	6:25	4	2:21	14	2:41
00 5	0.35	2:24	6:51	4	0:43	13	0:47	1.75	11:24	6:30	4	3:04	14	3:28
00 6	0.35	2:25	6:54	4	0:44	13	0:47	2.10	13:49	6:34	4	3:48	14	4:15
00 7	0.35	2:23	6:48	4	0:43	14	0:44	2.45	16:12	6:36	4	4:31	14	4:59
00 8	0.35	2:19	6:37	4	0:37	14	0:38	2.80	18:31	6:36	4	5:08	14	5:37
00 9	0.35	2:20	6:40	4	0:37	14	0:42	3.15	20:51	6:37	4	5:45	14	6:19
00 10	0.35	2:20	6:40	4	0:37	14	0:44	3.50	23:11	6:37	4	6:22	14	7:03
00 11	0.35	2:21	6:42	4	0:36	14	0:48	3.85	25:32	6:37	4	6:58	14	7:51
00 12	0.35	2:12	6:17	4	0:27	12	0:38	4.20	27:44	6:36	4	7:25	14	8:29
00 13	0.35	2:10	6:11	3	0:24	11	0:31	4.55	29:54	6:34	4	7:49	14	9:00