



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

Arnstadt / 31.01.2024

0000

Sebastian Gruß

000: 58:11

00: 49

00: 10.31 km/h

00: 0.35 km/00

0000: 5:43 min/km

Stundenlauf

0: 29 (10.15 km)

0000:

00000/0: 34 (of 44)

Senioren M35 (35-39)

00000: 5(of 7)

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000	00 km	00 00 min/km	00 -	00 -	00 0	00 0	000 km	000 00 min/km	00 -	00 -	00 0	00 0		
00 1	0.35	1:50	5:14	6	0:36	28	0:36	0.35	1:50	5:14	6	0:36	28	0:36
00 2	0.35	1:43	4:54	5	0:19	22	0:22	0.70	3:33	5:04	6	0:55	27	0:58
00 3	0.35	1:49	5:11	5	0:28	27	0:28	1.05	5:22	5:06	6	1:23	27	1:25
00 4	0.35	1:51	5:17	5	0:29	30	0:30	1.40	7:13	5:09	5	1:52	26	1:55
00 5	0.35	1:48	5:08	4	0:25	20	0:26	1.75	9:01	5:09	5	2:17	25	2:21
00 6	0.35	1:49	5:11	4	0:24	23	0:26	2.10	10:50	5:09	5	2:41	25	2:47
00 7	0.35	1:54	5:25	5	0:28	32	0:32	2.45	12:44	5:11	5	3:09	26	3:19
00 8	0.35	1:54	5:25	4	0:28	31	0:31	2.80	14:38	5:13	5	3:37	26	3:49
00 9	0.35	1:54	5:25	4	0:32	30	0:33	3.15	16:32	5:14	5	4:09	29	4:18
00 10	0.35	1:55	5:28	4	0:30	31	0:33	3.50	18:27	5:16	5	4:39	29	4:49
00 11	0.35	1:59	5:40	4	0:33	33	0:36	3.85	20:26	5:18	5	5:12	30	5:24
00 12	0.35	1:56	5:31	4	0:30	31	0:35	4.20	22:22	5:19	4	5:42	29	5:57
00 13	0.35	1:58	5:37	4	0:31	32	0:37	4.55	24:20	5:20	4	6:13	29	6:32
00 14	0.35	1:53	5:22	4	0:27	25	0:32	4.90	26:13	5:21	4	6:40	29	7:03
00 15	0.35	2:00	5:42	4	0:35	32	0:38	5.25	28:13	5:22	4	7:15	30	7:41
00 16	0.35	2:01	5:45	4	0:38	33	0:39	5.60	30:14	5:23	4	7:53	30	8:19
00 17	0.35	2:00	5:42	4	0:35	31	0:37	5.95	32:14	5:25	4	8:28	29	8:56
00 18	0.35	2:07	6:02	5	0:41	36	0:43	6.30	34:21	5:27	4	9:09	31	9:38
00 19	0.35	2:08	6:05	5	0:42	36	0:46	6.65	36:29	5:29	4	9:51	32	10:23
00 20	0.35	2:13	6:20	6	0:47	39	0:53	7.00	38:42	5:31	5	10:38	34	11:15
00 21	0.35	2:14	6:22	5	0:49	37	0:52	7.35	40:56	5:34	5	11:27	34	12:07
00 22	0.35	2:11	6:14	5	0:44	36	0:48	7.70	43:07	5:35	5	12:11	34	12:55
00 23	0.35	2:12	6:17	5	0:46	37	0:50	8.05	45:19	5:37	5	12:57	34	13:45
00 24	0.35	2:07	6:02	5	0:40	35	0:46	8.40	47:26	5:38	5	13:37	34	14:31
00 25	0.35	2:14	6:22	6	0:49	38	0:54	8.75	49:40	5:40	5	14:26	34	15:25
00 26	0.35	2:07	6:02	5	0:42	35	0:46	9.10	51:47	5:41	5	15:08	34	16:11
00 27	0.35	2:08	6:05	5	0:43	37	0:47	9.45	53:55	5:42	5	15:51	34	16:58
00 28	0.35	2:07	6:02	5	0:42	37	0:45	9.80	56:02	5:43	5	16:33	34	17:43
00 29	0.35	2:09	6:08	5	0:43	36	0:47	10.15	58:11	5:43	5	17:16	34	18:30