



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

Arnstadt / 31.01.2024

0000

Sven Grunwald

00: IK.IW.IW

00: 48

00: 0.35 km/00

Stundenlauf

0000:

Senioren M35 (35-39)

000: 57:51

00: 8.30 km/h

0000: 7:11 min/km

0: 23 (8.05 km)

00000/0: 42 (of 44)

00000: 7(of 7)

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