



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

Arnstadt / 31.01.2024

0000

Tobias Greifzu

000: 29:10

00: 5

00: 12.24 km/h

00: 0.35 km/00

0000: 4:54 min/km

Halbstundenlauf

00: 17 (5.95 km)

0000:

00000/00: 4 (of 14)

Senioren M35 (35-39) H

00000: 1(of 1)

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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	1:43	4:54	1	-	7	0:07	0.35	1:43	4:54	1	-	7	0:07
00 2	0.35	1:42	4:51	1	-	5	0:12	0.70	3:25	4:52	1	-	7	0:15
00 3	0.35	1:46	5:02	1	-	5	0:12	1.05	5:11	4:56	1	-	7	0:27
00 4	0.35	1:46	5:02	1	-	6	0:11	1.40	6:57	4:57	1	-	6	0:38
00 5	0.35	1:44	4:57	1	-	5	0:07	1.75	8:41	4:57	1	-	4	0:45
00 6	0.35	1:40	4:45	1	-	2	0:02	2.10	10:21	4:55	1	-	4	0:47
00 7	0.35	1:44	4:57	1	-	4	0:05	2.45	12:05	4:55	1	-	4	0:52
00 8	0.35	1:46	5:02	1	-	5	0:05	2.80	13:51	4:56	1	-	4	0:57
00 9	0.35	1:47	5:05	1	-	5	0:09	3.15	15:38	4:57	1	-	4	1:06
00 10	0.35	1:42	4:51	1	-	3	0:06	3.50	17:20	4:57	1	-	4	1:12
00 11	0.35	1:46	5:02	1	-	5	0:13	3.85	19:06	4:57	1	-	4	1:25
00 12	0.35	1:45	5:00	1	-	3	0:11	4.20	20:51	4:57	1	-	4	1:36
00 13	0.35	1:46	5:02	1	-	4	0:07	4.55	22:37	4:58	1	-	4	1:43
00 14	0.35	1:44	4:57	1	-	3	0:07	4.90	24:21	4:58	1	-	4	1:50
00 15	0.35	1:39	4:42	1	-	2	0:04	5.25	26:00	4:57	1	-	4	1:54
00 16	0.35	1:37	4:37	1	-	1	-	5.60	27:37	4:55	1	-	4	1:52
00 17	0.35	1:33	4:25	1	-	1	-	5.95	29:10	4:54	1	-	4	1:49