



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

Arnstadt / 31.01.2024

0000

Stephan Mund

000: 29:16

00: 21

00: 10.25 km/h

00: 0.35 km/00

0000: 5:13 min/km

Halbstundenlauf

0: 16 (5.6 km)

0000:

00000/0: 7 (of 14)

Senioren M40 (40-44) H

00000: 2(of 2)

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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	1:41	4:48	1	-	4	0:05	0.35	1:41	4:48	1	-	4	0:05
00 2	0.35	1:43	4:54	1	-	6	0:13	0.70	3:24	4:51	1	-	6	0:14
00 3	0.35	1:46	5:02	1	-	5	0:12	1.05	5:10	4:55	1	-	6	0:26
00 4	0.35	1:47	5:05	2	0:02	8	0:12	1.40	6:57	4:57	1	-	6	0:38
00 5	0.35	1:46	5:02	2	0:03	6	0:09	1.75	8:43	4:58	1	-	6	0:47
00 6	0.35	1:47	5:05	2	0:02	6	0:09	2.10	10:30	5:00	1	-	5	0:56
00 7	0.35	1:50	5:14	2	0:06	8	0:11	2.45	12:20	5:02	2	0:02	7	1:07
00 8	0.35	1:49	5:11	2	0:04	6	0:08	2.80	14:09	5:03	2	0:06	7	1:15
00 9	0.35	1:53	5:22	2	0:07	8	0:15	3.15	16:02	5:05	2	0:13	7	1:30
00 10	0.35	1:51	5:17	2	0:07	7	0:15	3.50	17:53	5:06	2	0:20	7	1:45
00 11	0.35	1:53	5:22	2	0:08	7	0:20	3.85	19:46	5:08	2	0:28	7	2:05
00 12	0.35	1:54	5:25	2	0:09	8	0:20	4.20	21:40	5:09	2	0:37	7	2:25
00 13	0.35	1:55	5:28	2	0:10	8	0:16	4.55	23:35	5:10	2	0:47	7	2:41
00 14	0.35	1:56	5:31	2	0:12	9	0:19	4.90	25:31	5:12	2	0:59	7	3:00
00 15	0.35	1:51	5:17	2	0:09	8	0:16	5.25	27:22	5:12	2	1:08	7	3:16
00 16	0.35	1:54	5:25	2	0:13	6	0:17	5.60	29:16	5:13	2	1:21	7	3:31