



1. SPORTident Winter-Stundenlaufserie mit Musik (2. Lauf)

Arnstadt / 21.02.2024

0000

Stephan Mund

000: 28:55

00: 14

00: 10.37 km/h

00: 0.35 km/00

0000: 5:09 min/km

Halbstundenlauf

0: 16 (5.6 km)

0000:

00000/0: 9 (of 20)

Senioren M40 (40-44) H

00000: 2(of 2)

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0000

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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 | 1:29 | 4:14 | 1 | - | 5 | 0:09 | 0.35 | 1:29 | 4:14 | 1 | - | 5 | 0:09 |
| 00 2 | 0.35 | 1:40 | 4:45 | 2 | 0:03 | 7 | 0:17 | 0.70 | 3:09 | 4:30 | 1 | - | 4 | 0:26 |
| 00 3 | 0.35 | 1:45 | 5:00 | 2 | 0:06 | 10 | 0:19 | 1.05 | 4:54 | 4:40 | 2 | 0:03 | 6 | 0:45 |
| 00 4 | 0.35 | 1:47 | 5:05 | 2 | 0:05 | 9 | 0:20 | 1.40 | 6:41 | 4:46 | 2 | 0:08 | 8 | 1:05 |
| 00 5 | 0.35 | 1:48 | 5:08 | 2 | 0:02 | 10 | 0:20 | 1.75 | 8:29 | 4:50 | 2 | 0:10 | 8 | 1:25 |
| 00 6 | 0.35 | 1:48 | 5:08 | 2 | 0:05 | 10 | 0:18 | 2.10 | 10:17 | 4:53 | 2 | 0:15 | 9 | 1:43 |
| 00 7 | 0.35 | 1:52 | 5:20 | 2 | 0:07 | 11 | 0:23 | 2.45 | 12:09 | 4:57 | 2 | 0:22 | 9 | 2:05 |
| 00 8 | 0.35 | 1:53 | 5:22 | 2 | 0:09 | 10 | 0:24 | 2.80 | 14:02 | 5:00 | 2 | 0:31 | 9 | 2:25 |
| 00 9 | 0.35 | 1:52 | 5:20 | 2 | 0:08 | 10 | 0:22 | 3.15 | 15:54 | 5:02 | 2 | 0:39 | 9 | 2:44 |
| 00 10 | 0.35 | 1:53 | 5:22 | 2 | 0:06 | 9 | 0:25 | 3.50 | 17:47 | 5:04 | 2 | 0:45 | 9 | 3:05 |
| 00 11 | 0.35 | 1:53 | 5:22 | 2 | 0:07 | 11 | 0:23 | 3.85 | 19:40 | 5:06 | 2 | 0:52 | 9 | 3:26 |
| 00 12 | 0.35 | 1:48 | 5:08 | 2 | 0:04 | 8 | 0:19 | 4.20 | 21:28 | 5:06 | 2 | 0:56 | 9 | 3:42 |
| 00 13 | 0.35 | 1:49 | 5:11 | 2 | 0:05 | 8 | 0:19 | 4.55 | 23:17 | 5:07 | 2 | 1:01 | 9 | 4:01 |
| 00 14 | 0.35 | 1:52 | 5:20 | 2 | 0:08 | 11 | 0:20 | 4.90 | 25:09 | 5:07 | 2 | 1:09 | 9 | 4:21 |
| 00 15 | 0.35 | 1:53 | 5:22 | 2 | 0:09 | 11 | 0:23 | 5.25 | 27:02 | 5:08 | 2 | 1:18 | 9 | 4:44 |
| 00 16 | 0.35 | 1:53 | 5:22 | 2 | 0:06 | 10 | 0:21 | 5.60 | 28:55 | 5:09 | 2 | 1:24 | 9 | 5:05 |