



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

Arnstadt / 21.02.2024

0000

Stephan Mund

000: 28:55

00: 14

00: 11.62 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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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