



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

Arnstadt / 21.02.2024

0000

Christian Groll

000: 29:46

00: 7

00: 10.08 km/h

00: 0.35 km/00

0000: 5:00 min/km

Halbstundenlauf

00: 17 (5.95 km)

0000:

00000/00: 7 (of 20)

Senioren M45 (45-49) H

00000: 3(of 4)

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
00 1	0.35	1:52	5:20	4	0:32	15	0:32	0.35	1:52	5:20	4	0:32	15	0:32
00 2	0.35	1:42	4:51	3	0:19	9	0:19	0.70	3:34	5:05	4	0:51	13	0:51
00 3	0.35	1:42	4:51	3	0:16	7	0:16	1.05	5:16	5:00	4	1:07	12	1:07
00 4	0.35	1:42	4:51	3	0:15	6	0:15	1.40	6:58	4:58	3	1:22	10	1:22
00 5	0.35	1:38	4:40	3	0:10	4	0:10	1.75	8:36	4:54	3	1:32	9	1:32
00 6	0.35	1:40	4:45	3	0:10	4	0:10	2.10	10:16	4:53	3	1:42	8	1:42
00 7	0.35	1:45	5:00	3	0:16	6	0:16	2.45	12:01	4:54	3	1:57	8	1:57
00 8	0.35	1:46	5:02	3	0:17	7	0:17	2.80	13:47	4:55	3	2:10	8	2:10
00 9	0.35	1:46	5:02	3	0:16	7	0:16	3.15	15:33	4:56	3	2:23	8	2:23
00 10	0.35	1:51	5:17	3	0:23	8	0:23	3.50	17:24	4:58	3	2:42	8	2:42
00 11	0.35	1:50	5:14	3	0:20	9	0:20	3.85	19:14	4:59	3	3:00	8	3:00
00 12	0.35	1:44	4:57	3	0:15	4	0:15	4.20	20:58	4:59	3	3:12	7	3:12
00 13	0.35	1:40	4:45	3	0:10	3	0:10	4.55	22:38	4:58	3	3:22	7	3:22
00 14	0.35	1:42	4:51	3	0:10	4	0:10	4.90	24:20	4:57	3	3:32	7	3:32
00 15	0.35	1:51	5:17	3	0:21	8	0:21	5.25	26:11	4:59	3	3:53	7	3:53
00 16	0.35	1:51	5:17	3	0:19	8	0:19	5.60	28:02	5:00	3	4:12	7	4:12
00 17	0.35	1:44	4:57	3	0:14	7	0:14	5.95	29:46	5:00	3	4:26	7	4:26