



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

Arnstadt / 21.02.2024

□□□□

Christian Stonek

□□: Liberales Laufteam

□□: 20

□□: 0.35 km

Halbstundenlauf

□□□□:

Senioren M45 (45-49) H

□□□: 29:01

□□: 11.58 km/h

□□□□: 5:10 min/km

□: 16 (5.6 km)

□□□□□/□: 10 (of 20)

□□□□□: 4(of 4)

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 0.35 | 1:45 | 5:00 | 3 | 0:25 | 13 | 0:25 | 0.35 | 1:45 | 5:00 | 3 | 0:25 | 13 | 0:25 | |
| □□ 2 | 0.35 | 1:44 | 4:57 | 4 | 0:21 | 10 | 0:21 | 0.70 | 3:29 | 4:58 | 3 | 0:46 | 12 | 0:46 | |
| □□ 3 | 0.35 | 1:45 | 5:00 | 4 | 0:19 | 10 | 0:19 | 1.05 | 5:14 | 4:59 | 3 | 1:05 | 11 | 1:05 | |
| □□ 4 | 0.35 | 1:48 | 5:08 | 4 | 0:21 | 10 | 0:21 | 1.40 | 7:02 | 5:01 | 4 | 1:26 | 11 | 1:26 | |
| □□ 5 | 0.35 | 1:44 | 4:57 | 4 | 0:16 | 8 | 0:16 | 1.75 | 8:46 | 5:00 | 4 | 1:42 | 10 | 1:42 | |
| □□ 6 | 0.35 | 1:44 | 4:57 | 4 | 0:14 | 9 | 0:14 | 2.10 | 10:30 | 5:00 | 4 | 1:56 | 10 | 1:56 | |
| □□ 7 | 0.35 | 1:51 | 5:17 | 4 | 0:22 | 9 | 0:22 | 2.45 | 12:21 | 5:02 | 4 | 2:17 | 10 | 2:17 | |
| □□ 8 | 0.35 | 1:49 | 5:11 | 4 | 0:20 | 9 | 0:20 | 2.80 | 14:10 | 5:03 | 4 | 2:33 | 10 | 2:33 | |
| □□ 9 | 0.35 | 1:48 | 5:08 | 4 | 0:18 | 8 | 0:18 | 3.15 | 15:58 | 5:04 | 4 | 2:48 | 10 | 2:48 | |
| □□ 10 | 0.35 | 1:53 | 5:22 | 4 | 0:25 | 9 | 0:25 | 3.50 | 17:51 | 5:06 | 4 | 3:09 | 10 | 3:09 | |
| □□ 11 | 0.35 | 1:50 | 5:14 | 3 | 0:20 | 9 | 0:20 | 3.85 | 19:41 | 5:06 | 4 | 3:27 | 10 | 3:27 | |
| □□ 12 | 0.35 | 1:53 | 5:22 | 4 | 0:24 | 10 | 0:24 | 4.20 | 21:34 | 5:08 | 4 | 3:48 | 10 | 3:48 | |
| □□ 13 | 0.35 | 1:54 | 5:25 | 4 | 0:24 | 10 | 0:24 | 4.55 | 23:28 | 5:09 | 4 | 4:12 | 10 | 4:12 | |
| □□ 14 | 0.35 | 1:50 | 5:14 | 4 | 0:18 | 8 | 0:18 | 4.90 | 25:18 | 5:09 | 4 | 4:30 | 10 | 4:30 | |
| □□ 15 | 0.35 | 1:51 | 5:17 | 3 | 0:21 | 8 | 0:21 | 5.25 | 27:09 | 5:10 | 4 | 4:51 | 10 | 4:51 | |
| □□ 16 | 0.35 | 1:52 | 5:20 | 4 | 0:20 | 9 | 0:20 | 5.60 | 29:01 | 5:10 | 4 | 5:11 | 10 | 5:11 | |