



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

Arnstadt / 21.02.2024

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Mario Heinrich

00: Osthäuser SV

00: 9

00: 0.35 km/00

Halbstundenlauf

0000:

Senioren M50 (50-54) H

000: 28:27

00: 10.54 km/h

0000: 5:04 min/km

0: 16 (5.6 km)

00000/0: 8 (of 20)

00000: 1(of 3)

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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	1:31	4:19	1	-	6	0:11	0.35	1:31	4:19	1	-	6	0:11
00 2	0.35	1:40	4:45	1	-	7	0:17	0.70	3:11	4:32	1	-	5	0:28
00 3	0.35	1:44	4:57	1	-	8	0:18	1.05	4:55	4:40	1	-	7	0:46
00 4	0.35	1:45	5:00	1	-	8	0:18	1.40	6:40	4:45	1	-	7	1:04
00 5	0.35	1:43	4:54	1	-	7	0:15	1.75	8:23	4:47	1	-	7	1:19
00 6	0.35	1:43	4:54	1	-	7	0:13	2.10	10:06	4:48	1	-	7	1:32
00 7	0.35	1:46	5:02	1	-	8	0:17	2.45	11:52	4:50	1	-	7	1:48
00 8	0.35	1:47	5:05	1	-	8	0:18	2.80	13:39	4:52	1	-	7	2:02
00 9	0.35	1:48	5:08	1	-	8	0:18	3.15	15:27	4:54	1	-	7	2:17
00 10	0.35	1:50	5:14	1	-	7	0:22	3.50	17:17	4:56	1	-	7	2:35
00 11	0.35	1:49	5:11	1	-	8	0:19	3.85	19:06	4:57	1	-	7	2:52
00 12	0.35	1:52	5:20	1	-	9	0:23	4.20	20:58	4:59	1	-	7	3:12
00 13	0.35	1:50	5:14	1	-	9	0:20	4.55	22:48	5:00	1	-	8	3:32
00 14	0.35	1:53	5:22	1	-	12	0:21	4.90	24:41	5:02	1	-	8	3:53
00 15	0.35	1:53	5:22	1	-	11	0:23	5.25	26:34	5:03	1	-	8	4:16
00 16	0.35	1:53	5:22	1	-	10	0:21	5.60	28:27	5:04	1	-	8	4:37