



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

Arnstadt / 21.02.2024

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Michael Schröder

00: Langenhain

00: 93

00: 0.35 km/00

Halbstundenlauf

0000:

Senioren M50 (50-54) H

000: 28:38

00: 10.48 km/h

0000: 5:27 min/km

0: 15 (5.25 km)

00000/0: 12 (of 20)

00000: 2(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	1:36	4:34	2	0:05	9	0:16	0.35	1:36	4:34	2	0:05	9	0:16
00 2	0.35	1:44	4:57	2	0:04	10	0:21	0.70	3:20	4:45	2	0:09	10	0:37
00 3	0.35	1:48	5:08	2	0:04	12	0:22	1.05	5:08	4:53	2	0:13	9	0:59
00 4	0.35	1:49	5:11	2	0:04	11	0:22	1.40	6:57	4:57	2	0:17	9	1:21
00 5	0.35	1:49	5:11	2	0:06	11	0:21	1.75	8:46	5:00	2	0:23	10	1:42
00 6	0.35	1:50	5:14	2	0:07	11	0:20	2.10	10:36	5:02	2	0:30	11	2:02
00 7	0.35	1:54	5:25	2	0:08	13	0:25	2.45	12:30	5:06	2	0:38	11	2:26
00 8	0.35	1:57	5:34	2	0:10	13	0:28	2.80	14:27	5:09	2	0:48	11	2:50
00 9	0.35	2:18	6:34	3	0:30	17	0:48	3.15	16:45	5:19	2	1:18	13	3:35
00 10	0.35	1:57	5:34	2	0:07	11	0:29	3.50	18:42	5:20	2	1:25	12	4:00
00 11	0.35	1:57	5:34	2	0:08	14	0:27	3.85	20:39	5:21	2	1:33	12	4:25
00 12	0.35	2:01	5:45	2	0:09	13	0:32	4.20	22:40	5:23	2	1:42	12	4:54
00 13	0.35	2:04	5:54	3	0:14	15	0:34	4.55	24:44	5:26	2	1:56	12	5:28
00 14	0.35	1:56	5:31	2	0:03	15	0:24	4.90	26:40	5:26	2	1:59	12	5:52
00 15	0.35	1:58	5:37	3	0:05	14	0:28	5.25	28:38	5:27	2	2:04	12	6:20