



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

Arnstadt / 21.02.2024

0000

Vuong Binh Nguyen

000: 30:00

00: SPORTident

00: 7.70 km/h

00: 91

0000: 7:47 min/km

00: 0.35 km/00

0: 11 (3.85 km)

Halbstundenlauf

00000/0: 20 (of 20)

0000:

00000: 1(of 1)

Männer (20-29 Jahre) H

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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	2:07	6:02	1	-	18	0:47	0.35	2:07	6:02	1	-	18	0:47
00 2	0.35	2:10	6:11	1	-	18	0:47	0.70	4:17	6:07	1	-	18	1:34
00 3	0.35	2:16	6:28	1	-	18	0:50	1.05	6:33	6:14	1	-	17	2:24
00 4	0.35	2:11	6:14	1	-	17	0:44	1.40	8:44	6:14	1	-	17	3:08
00 5	0.35	2:42	7:42	1	-	20	1:14	1.75	11:26	6:31	1	-	19	4:22
00 6	0.35	2:27	7:00	1	-	18	0:57	2.10	13:53	6:36	1	-	19	5:19
00 7	0.35	2:38	7:31	1	-	20	1:09	2.45	16:31	6:44	1	-	19	6:27
00 8	0.35	6:01	17:11	1	-	20	4:32	2.80	22:32	8:02	1	-	20	10:55
00 9	0.35	3:19	9:28	1	-	19	1:49	3.15	25:51	8:12	1	-	20	12:41
00 10	0.35	2:30	7:08	1	-	19	1:02	3.50	28:21	8:05	1	-	20	13:39
00 11	0.35	1:39	4:42	1	-	3	0:09	3.85	30:00	7:47	1	-	20	13:46