



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

Arnstadt / 21.02.2024

0000

Ralph Walther

000: 28:22

00: 22

00: 8.46 km/h

00: 0.35 km/00

0000: 5:47 min/km

Halbstundenlauf

0: 14 (4.9 km)

0000:

00000/0: 15 (of 20)

Senioren M60 (60-64) H

00000: 3(of 4)

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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	2:55	8:20	4	1:29	20	1:35	0.35	2:55	8:20	4	1:29	20	1:35
00 2	0.35	2:02	5:48	3	0:29	17	0:39	0.70	4:57	7:04	4	1:58	20	2:14
00 3	0.35	1:57	5:34	3	0:19	15	0:31	1.05	6:54	6:34	4	2:17	20	2:45
00 4	0.35	1:58	5:37	3	0:18	14	0:31	1.40	8:52	6:20	3	2:35	18	3:16
00 5	0.35	2:02	5:48	3	0:22	16	0:34	1.75	10:54	6:13	3	2:57	17	3:50
00 6	0.35	1:58	5:37	3	0:17	14	0:28	2.10	12:52	6:07	3	3:14	17	4:18
00 7	0.35	1:58	5:37	3	0:16	14	0:29	2.45	14:50	6:03	3	3:30	17	4:46
00 8	0.35	1:59	5:40	3	0:19	14	0:30	2.80	16:49	6:00	3	3:49	16	5:12
00 9	0.35	1:58	5:37	3	0:17	13	0:28	3.15	18:47	5:57	3	4:06	16	5:37
00 10	0.35	1:57	5:34	2	0:15	11	0:29	3.50	20:44	5:55	3	4:21	15	6:02
00 11	0.35	1:54	5:25	2	0:11	12	0:24	3.85	22:38	5:52	3	4:32	15	6:24
00 12	0.35	1:56	5:31	2	0:12	11	0:27	4.20	24:34	5:50	3	4:44	15	6:48
00 13	0.35	1:55	5:28	2	0:12	11	0:25	4.55	26:29	5:49	3	4:56	15	7:13
00 14	0.35	1:53	5:22	2	0:07	12	0:21	4.90	28:22	5:47	3	5:03	15	7:34