



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

Arnstadt / 21.02.2024

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Uwe Henning

00: SG Einheit Arnstadt e.V.

00: 11

00: 0.35 km/00

Halbstundenlauf

0000:

Senioren M60 (60-64) H

000: 29:56

00: 8.02 km/h

0000: 6:34 min/km

0: 13 (4.55 km)

00000/0: 18 (of 20)

00000: 4(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	2:05	5:57	3	0:39	17	0:45	0.35	2:05	5:57	3	0:39	17	0:45
00 2	0.35	2:11	6:14	4	0:38	19	0:48	0.70	4:16	6:05	3	1:17	17	1:33
00 3	0.35	2:17	6:31	4	0:39	19	0:51	1.05	6:33	6:14	3	1:56	17	2:24
00 4	0.35	2:21	6:42	4	0:41	20	0:54	1.40	8:54	6:21	4	2:37	19	3:18
00 5	0.35	2:29	7:05	4	0:49	18	1:01	1.75	11:23	6:30	4	3:26	18	4:19
00 6	0.35	2:25	6:54	4	0:44	17	0:55	2.10	13:48	6:34	4	4:10	18	5:14
00 7	0.35	2:17	6:31	4	0:35	18	0:48	2.45	16:05	6:33	4	4:45	18	6:01
00 8	0.35	2:17	6:31	4	0:37	17	0:48	2.80	18:22	6:33	4	5:22	18	6:45
00 9	0.35	2:20	6:40	4	0:39	18	0:50	3.15	20:42	6:34	4	6:01	18	7:32
00 10	0.35	2:16	6:28	4	0:34	17	0:48	3.50	22:58	6:33	4	6:35	18	8:16
00 11	0.35	2:17	6:31	4	0:34	18	0:47	3.85	25:15	6:33	4	7:09	18	9:01
00 12	0.35	2:18	6:34	4	0:34	16	0:49	4.20	27:33	6:33	4	7:43	18	9:47
00 13	0.35	2:23	6:48	4	0:40	18	0:53	4.55	29:56	6:34	4	8:23	18	10:40