



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

Arnstadt / 21.02.2024

0000

Sebastian Gruß

000: 58:42

00: 55

00: 10.22 km/h

00: 0.35 km/00

0000: 5:46 min/km

Stundenlauf

0: 29 (10.15 km)

0000:

00000/0: 35 (of 39)

Senioren M35 (35-39)

00000: 4(of 5)

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000	00 km	00 00 min/km	00 -	00 -	00 0	00 0	000 km	000 00 min/km	00 -	00 -	00 0	00 0		
00 1	0.35	1:52	5:20	4	0:24	28	0:43	0.35	1:52	5:20	4	0:24	28	0:43
00 2	0.35	1:49	5:11	4	0:21	33	0:36	0.70	3:41	5:15	4	0:44	32	1:19
00 3	0.35	1:47	5:05	4	0:24	30	0:30	1.05	5:28	5:12	4	1:08	32	1:49
00 4	0.35	1:50	5:14	4	0:25	29	0:34	1.40	7:18	5:12	4	1:33	32	2:23
00 5	0.35	1:50	5:14	4	0:21	27	0:31	1.75	9:08	5:13	4	1:54	32	2:54
00 6	0.35	1:51	5:17	4	0:23	32	0:31	2.10	10:59	5:13	4	2:17	32	3:25
00 7	0.35	1:55	5:28	4	0:29	34	0:35	2.45	12:54	5:15	4	2:46	32	4:00
00 8	0.35	2:00	5:42	4	0:35	35	0:39	2.80	14:54	5:19	4	3:21	32	4:39
00 9	0.35	1:55	5:28	4	0:29	33	0:33	3.15	16:49	5:20	4	3:50	32	5:12
00 10	0.35	1:57	5:34	4	0:29	34	0:35	3.50	18:46	5:21	4	4:19	32	5:47
00 11	0.35	1:55	5:28	4	0:20	33	0:33	3.85	20:41	5:22	4	4:39	32	6:20
00 12	0.35	2:01	5:45	4	0:30	35	0:37	4.20	22:42	5:24	4	5:09	32	6:57
00 13	0.35	1:59	5:40	4	0:31	35	0:37	4.55	24:41	5:25	4	5:40	32	7:34
00 14	0.35	2:05	5:57	4	0:36	35	0:41	4.90	26:46	5:27	4	6:16	32	8:15
00 15	0.35	2:04	5:54	4	0:36	35	0:42	5.25	28:50	5:29	4	6:52	32	8:57
00 16	0.35	2:04	5:54	4	0:34	35	0:40	5.60	30:54	5:31	4	7:26	32	9:37
00 17	0.35	2:05	5:57	4	0:34	35	0:42	5.95	32:59	5:32	4	8:00	34	10:19
00 18	0.35	2:09	6:08	4	0:35	36	0:45	6.30	35:08	5:34	4	8:35	34	11:04
00 19	0.35	2:06	6:00	4	0:38	36	0:42	6.65	37:14	5:35	4	9:13	34	11:46
00 20	0.35	2:05	5:57	4	0:35	35	0:41	7.00	39:19	5:37	4	9:48	34	12:27
00 21	0.35	2:05	5:57	4	0:36	35	0:42	7.35	41:24	5:37	4	10:24	35	13:09
00 22	0.35	2:11	6:14	4	0:43	36	0:47	7.70	43:35	5:39	4	11:07	35	13:56
00 23	0.35	2:10	6:11	4	0:40	36	0:47	8.05	45:45	5:40	4	11:47	35	14:43
00 24	0.35	2:13	6:20	4	0:42	36	0:50	8.40	47:58	5:42	4	12:29	35	15:33
00 25	0.35	2:13	6:20	4	0:42	36	0:50	8.75	50:11	5:44	4	13:11	35	16:23
00 26	0.35	2:14	6:22	4	0:44	37	0:51	9.10	52:25	5:45	4	13:55	35	17:14
00 27	0.35	2:07	6:02	4	0:37	36	0:44	9.45	54:32	5:46	4	14:32	35	17:58
00 28	0.35	2:04	5:54	4	0:30	35	0:40	9.80	56:36	5:46	4	15:02	35	18:38
00 29	0.35	2:06	6:00	4	0:31	35	0:43	10.15	58:42	5:46	4	15:33	35	19:21