



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

Arnstadt / 21.02.2024

0000

Sven Grunwald

000: 58:17

00: SG Einheit Arnstadt e.V. / Hohe-Buchen-Lauf.de 00: 8.24 km/h

00: 59

0000: 7:14 min/km

00: 0.35 km/00

0: 23 (8.05 km)

Stundenlauf

00000/0: 38 (of 39)

0000:

00000: 5(of 5)

Senioren M35 (35-39)

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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	2:21	6:42	5	0:53	38	1:12	0.35	2:21	6:42	5	0:53	38	1:12
00 2	0.35	2:18	6:34	5	0:50	39	1:05	0.70	4:39	6:38	5	1:42	38	2:17
00 3	0.35	2:23	6:48	5	1:00	38	1:06	1.05	7:02	6:41	5	2:42	37	3:23
00 4	0.35	2:27	7:00	5	1:02	39	1:11	1.40	9:29	6:46	5	3:44	37	4:34
00 5	0.35	2:32	7:14	5	1:03	39	1:13	1.75	12:01	6:52	5	4:47	37	5:47
00 6	0.35	2:31	7:11	5	1:03	39	1:11	2.10	14:32	6:55	5	5:50	37	6:58
00 7	0.35	2:37	7:28	5	1:11	38	1:17	2.45	17:09	7:00	5	7:01	37	8:15
00 8	0.35	2:28	7:02	5	1:03	39	1:07	2.80	19:37	7:00	5	8:04	38	9:22
00 9	0.35	2:28	7:02	5	1:02	39	1:06	3.15	22:05	7:00	5	9:06	38	10:28
00 10	0.35	2:35	7:22	5	1:07	38	1:13	3.50	24:40	7:02	5	10:13	38	11:41
00 11	0.35	2:35	7:22	5	1:00	38	1:13	3.85	27:15	7:04	5	11:13	38	12:54
00 12	0.35	2:39	7:34	5	1:08	39	1:15	4.20	29:54	7:07	5	12:21	38	14:09
00 13	0.35	2:31	7:11	5	1:03	39	1:09	4.55	32:25	7:07	5	13:24	38	15:18
00 14	0.35	2:33	7:17	5	1:04	38	1:09	4.90	34:58	7:08	5	14:28	38	16:27
00 15	0.35	2:33	7:17	5	1:05	39	1:11	5.25	37:31	7:08	5	15:33	38	17:38
00 16	0.35	2:38	7:31	5	1:08	38	1:14	5.60	40:09	7:10	5	16:41	38	18:52
00 17	0.35	2:38	7:31	5	1:07	38	1:15	5.95	42:47	7:11	5	17:48	38	20:07
00 18	0.35	2:35	7:22	5	1:01	38	1:11	6.30	45:22	7:12	5	18:49	38	21:18
00 19	0.35	2:39	7:34	5	1:11	38	1:15	6.65	48:01	7:13	5	20:00	38	22:33
00 20	0.35	2:39	7:34	5	1:09	38	1:15	7.00	50:40	7:14	5	21:09	38	23:48
00 21	0.35	2:37	7:28	5	1:08	38	1:14	7.35	53:17	7:14	5	22:17	38	25:02
00 22	0.35	2:37	7:28	5	1:09	38	1:13	7.70	55:54	7:15	5	23:26	38	26:15
00 23	0.35	2:23	6:48	5	0:53	38	1:00	8.05	58:17	7:14	5	24:19	38	27:15