



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

Arnstadt / 21.02.2024

0000

Sebastian Petermann

000: 59:59

00: Kesselbrunn Runners

00: 11.55 km/h

00: 64

0000: 5:11 min/km

00: 0.35 km/00

0: 33 (11.55 km)

Stundenlauf

00000/0: 23 (of 39)

0000:

00000: 5(of 7)

Senioren M40 (40-44)

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000

| 000   | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000   | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| 00 1  | 0.35     | 1:42     | 4:51         | 3       | 0:33    | 17      | 0:33    | 0.35  | 1:42      | 4:51          | 3       | 0:33    | 17      | 0:33    |
| 00 2  | 0.35     | 1:44     | 4:57         | 6       | 0:31    | 27      | 0:31    | 0.70  | 3:26      | 4:54          | 4       | 1:04    | 19      | 1:04    |
| 00 3  | 0.35     | 1:42     | 4:51         | 5       | 0:25    | 23      | 0:25    | 1.05  | 5:08      | 4:53          | 5       | 1:29    | 23      | 1:29    |
| 00 4  | 0.35     | 1:46     | 5:02         | 5       | 0:30    | 25      | 0:30    | 1.40  | 6:54      | 4:55          | 5       | 1:59    | 22      | 1:59    |
| 00 5  | 0.35     | 1:44     | 4:57         | 5       | 0:25    | 24      | 0:25    | 1.75  | 8:38      | 4:55          | 5       | 2:24    | 22      | 2:24    |
| 00 6  | 0.35     | 1:43     | 4:54         | 5       | 0:23    | 21      | 0:23    | 2.10  | 10:21     | 4:55          | 5       | 2:47    | 23      | 2:47    |
| 00 7  | 0.35     | 1:46     | 5:02         | 6       | 0:26    | 24      | 0:26    | 2.45  | 12:07     | 4:56          | 5       | 3:13    | 23      | 3:13    |
| 00 8  | 0.35     | 1:46     | 5:02         | 5       | 0:25    | 23      | 0:25    | 2.80  | 13:53     | 4:57          | 5       | 3:38    | 23      | 3:38    |
| 00 9  | 0.35     | 1:47     | 5:05         | 5       | 0:25    | 23      | 0:25    | 3.15  | 15:40     | 4:58          | 5       | 4:03    | 23      | 4:03    |
| 00 10 | 0.35     | 1:45     | 5:00         | 4       | 0:23    | 19      | 0:23    | 3.50  | 17:25     | 4:58          | 5       | 4:26    | 23      | 4:26    |
| 00 11 | 0.35     | 1:48     | 5:08         | 4       | 0:26    | 21      | 0:26    | 3.85  | 19:13     | 4:59          | 5       | 4:52    | 23      | 4:52    |
| 00 12 | 0.35     | 1:47     | 5:05         | 5       | 0:23    | 23      | 0:23    | 4.20  | 21:00     | 5:00          | 5       | 5:15    | 23      | 5:15    |
| 00 13 | 0.35     | 1:49     | 5:11         | 5       | 0:27    | 24      | 0:27    | 4.55  | 22:49     | 5:00          | 5       | 5:42    | 23      | 5:42    |
| 00 14 | 0.35     | 1:48     | 5:08         | 5       | 0:24    | 21      | 0:24    | 4.90  | 24:37     | 5:01          | 5       | 6:06    | 22      | 6:06    |
| 00 15 | 0.35     | 1:50     | 5:14         | 5       | 0:28    | 23      | 0:28    | 5.25  | 26:27     | 5:02          | 5       | 6:34    | 22      | 6:34    |
| 00 16 | 0.35     | 1:51     | 5:17         | 5       | 0:27    | 24      | 0:27    | 5.60  | 28:18     | 5:03          | 5       | 7:01    | 22      | 7:01    |
| 00 17 | 0.35     | 1:53     | 5:22         | 6       | 0:30    | 28      | 0:30    | 5.95  | 30:11     | 5:04          | 5       | 7:31    | 22      | 7:31    |
| 00 18 | 0.35     | 1:50     | 5:14         | 5       | 0:26    | 23      | 0:26    | 6.30  | 32:01     | 5:04          | 5       | 7:57    | 23      | 7:57    |
| 00 19 | 0.35     | 1:48     | 5:08         | 5       | 0:24    | 21      | 0:24    | 6.65  | 33:49     | 5:05          | 5       | 8:21    | 22      | 8:21    |
| 00 20 | 0.35     | 1:51     | 5:17         | 5       | 0:27    | 22      | 0:27    | 7.00  | 35:40     | 5:05          | 5       | 8:48    | 22      | 8:48    |
| 00 21 | 0.35     | 1:51     | 5:17         | 5       | 0:28    | 23      | 0:28    | 7.35  | 37:31     | 5:06          | 5       | 9:16    | 22      | 9:16    |
| 00 22 | 0.35     | 1:50     | 5:14         | 5       | 0:26    | 22      | 0:26    | 7.70  | 39:21     | 5:06          | 5       | 9:42    | 22      | 9:42    |
| 00 23 | 0.35     | 1:49     | 5:11         | 5       | 0:26    | 21      | 0:26    | 8.05  | 41:10     | 5:06          | 5       | 10:08   | 22      | 10:08   |
| 00 24 | 0.35     | 1:52     | 5:20         | 5       | 0:29    | 23      | 0:29    | 8.40  | 43:02     | 5:07          | 5       | 10:37   | 22      | 10:37   |
| 00 25 | 0.35     | 1:53     | 5:22         | 5       | 0:30    | 24      | 0:30    | 8.75  | 44:55     | 5:07          | 5       | 11:07   | 22      | 11:07   |
| 00 26 | 0.35     | 1:55     | 5:28         | 6       | 0:32    | 27      | 0:32    | 9.10  | 46:50     | 5:08          | 5       | 11:39   | 22      | 11:39   |
| 00 27 | 0.35     | 1:54     | 5:25         | 6       | 0:31    | 28      | 0:31    | 9.45  | 48:44     | 5:09          | 5       | 12:10   | 22      | 12:10   |
| 00 28 | 0.35     | 1:55     | 5:28         | 6       | 0:31    | 28      | 0:31    | 9.80  | 50:39     | 5:10          | 5       | 12:41   | 23      | 12:41   |
| 00 29 | 0.35     | 1:54     | 5:25         | 6       | 0:31    | 29      | 0:31    | 10.15 | 52:33     | 5:10          | 5       | 13:12   | 23      | 13:12   |
| 00 30 | 0.35     | 1:56     | 5:31         | 6       | 0:32    | 32      | 0:32    | 10.50 | 54:29     | 5:11          | 5       | 13:44   | 23      | 13:44   |



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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 31 | 0.35 | 1:55 | 5:28   | 7  | 0:30 | 33 | 0:30 | 10.85 | 56:24 | 5:11   | 5  | 14:14 | 23 | 14:14 |
| 00 32 | 0.35 | 1:53 | 5:22   | 6  | 0:29 | 28 | 0:29 | 11.20 | 58:17 | 5:12   | 5  | 14:43 | 23 | 14:43 |
| 00 33 | 0.35 | 1:42 | 4:51   | 3  | 0:18 | 9  | 0:18 | 11.55 | 59:59 | 5:11   | 5  | 15:01 | 23 | 15:01 |