



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

Arnstadt / 21.02.2024

□□□□

Andreas Sahl

□□: RSV Adler Arnstadt

□□: 68

□□: 0.35 km

Stundenlauf

□□□□:

Senioren M60 (60-64)

□□□: 58:10

□□: 5.42 km/h

□□□□: 11:04 min/km

□: 15 (5.25 km)

□□□□□/□: 39 (of 39)

□□□□□: 5(of 5)

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 0.35 | 2:02 | 5:48 | 5 | 0:21 | 36 | 0:53 | 0.35 | 2:02 | 5:48 | 5 | 0:21 | 36 | 0:53 | |
| □□ 2 | 0.35 | 2:00 | 5:42 | 5 | 0:14 | 37 | 0:47 | 0.70 | 4:02 | 5:45 | 5 | 0:35 | 36 | 1:40 | |
| □□ 3 | 0.35 | 8:02 | 22:57 | 5 | 6:19 | 39 | 6:45 | 1.05 | 12:04 | 11:29 | 5 | 6:49 | 39 | 8:25 | |
| □□ 4 | 0.35 | 2:05 | 5:57 | 5 | 0:17 | 37 | 0:49 | 1.40 | 14:09 | 10:06 | 5 | 7:04 | 39 | 9:14 | |
| □□ 5 | 0.35 | 2:06 | 6:00 | 5 | 0:16 | 37 | 0:47 | 1.75 | 16:15 | 9:17 | 5 | 7:19 | 39 | 10:01 | |
| □□ 6 | 0.35 | 2:08 | 6:05 | 5 | 0:18 | 37 | 0:48 | 2.10 | 18:23 | 8:45 | 5 | 7:37 | 39 | 10:49 | |
| □□ 7 | 0.35 | 6:20 | 18:05 | 5 | 4:29 | 39 | 5:00 | 2.45 | 24:43 | 10:05 | 5 | 12:06 | 39 | 15:49 | |
| □□ 8 | 0.35 | 2:11 | 6:14 | 5 | 0:22 | 37 | 0:50 | 2.80 | 26:54 | 9:36 | 5 | 12:28 | 39 | 16:39 | |
| □□ 9 | 0.35 | 2:10 | 6:11 | 5 | 0:20 | 37 | 0:48 | 3.15 | 29:04 | 9:13 | 5 | 12:48 | 39 | 17:27 | |
| □□ 10 | 0.35 | 9:47 | 27:57 | 5 | 7:57 | 39 | 8:25 | 3.50 | 38:51 | 11:05 | 5 | 20:44 | 39 | 25:52 | |
| □□ 11 | 0.35 | 2:35 | 7:22 | 5 | 0:45 | 38 | 1:13 | 3.85 | 41:26 | 10:45 | 5 | 21:29 | 39 | 27:05 | |
| □□ 12 | 0.35 | 2:05 | 5:57 | 4 | 0:15 | 36 | 0:41 | 4.20 | 43:31 | 10:21 | 5 | 21:44 | 39 | 27:46 | |
| □□ 13 | 0.35 | 2:06 | 6:00 | 4 | 0:16 | 36 | 0:44 | 4.55 | 45:37 | 10:01 | 5 | 22:00 | 39 | 28:30 | |
| □□ 14 | 0.35 | 10:25 | 29:45 | 5 | 8:35 | 39 | 9:01 | 4.90 | 56:02 | 11:26 | 5 | 30:35 | 39 | 37:31 | |
| □□ 15 | 0.35 | 2:08 | 6:05 | 5 | 0:17 | 37 | 0:46 | 5.25 | 58:10 | 11:04 | 5 | 30:52 | 39 | 38:17 | |