



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

Arnstadt / 21.02.2024

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Thomas Krüger

00: N3 Sportverein

00: 108

00: 0.35 km/00

Halbstundenlauf

0000:

Senioren M35 (35-39) H

000: 28:38

00: 10.48 km/h

0000: 4:48 min/km

0: 17 (5.95 km)

00000/0: 5 (of 20)

00000: 2(of 2)

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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 | 1:34 | 4:28 | 1 | - | 7 | 0:14 | 0.35 | 1:34 | 4:28 | 1 | - | 7 | 0:14 |
| 00 2 | 0.35 | 1:38 | 4:40 | 1 | - | 5 | 0:15 | 0.70 | 3:12 | 4:34 | 1 | - | 6 | 0:29 |
| 00 3 | 0.35 | 1:38 | 4:40 | 1 | - | 3 | 0:12 | 1.05 | 4:50 | 4:36 | 1 | - | 4 | 0:41 |
| 00 4 | 0.35 | 1:41 | 4:48 | 2 | 0:02 | 5 | 0:14 | 1.40 | 6:31 | 4:39 | 1 | - | 4 | 0:55 |
| 00 5 | 0.35 | 1:33 | 4:25 | 1 | - | 3 | 0:05 | 1.75 | 8:04 | 4:36 | 1 | - | 4 | 1:00 |
| 00 6 | 0.35 | 1:41 | 4:48 | 2 | 0:03 | 5 | 0:11 | 2.10 | 9:45 | 4:38 | 1 | - | 4 | 1:11 |
| 00 7 | 0.35 | 1:42 | 4:51 | 1 | - | 3 | 0:13 | 2.45 | 11:27 | 4:40 | 1 | - | 4 | 1:23 |
| 00 8 | 0.35 | 1:41 | 4:48 | 2 | 0:02 | 5 | 0:12 | 2.80 | 13:08 | 4:41 | 1 | - | 4 | 1:31 |
| 00 9 | 0.35 | 1:42 | 4:51 | 2 | 0:02 | 5 | 0:12 | 3.15 | 14:50 | 4:42 | 1 | - | 4 | 1:40 |
| 00 10 | 0.35 | 1:43 | 4:54 | 1 | - | 4 | 0:15 | 3.50 | 16:33 | 4:43 | 1 | - | 4 | 1:51 |
| 00 11 | 0.35 | 1:43 | 4:54 | 2 | 0:04 | 5 | 0:13 | 3.85 | 18:16 | 4:44 | 2 | 0:02 | 5 | 2:02 |
| 00 12 | 0.35 | 1:44 | 4:57 | 2 | 0:05 | 4 | 0:15 | 4.20 | 20:00 | 4:45 | 2 | 0:07 | 5 | 2:14 |
| 00 13 | 0.35 | 1:44 | 4:57 | 2 | 0:02 | 6 | 0:14 | 4.55 | 21:44 | 4:46 | 2 | 0:09 | 5 | 2:28 |
| 00 14 | 0.35 | 1:45 | 5:00 | 2 | 0:06 | 6 | 0:13 | 4.90 | 23:29 | 4:47 | 2 | 0:15 | 5 | 2:41 |
| 00 15 | 0.35 | 1:42 | 4:51 | 2 | 0:05 | 4 | 0:12 | 5.25 | 25:11 | 4:47 | 2 | 0:20 | 5 | 2:53 |
| 00 16 | 0.35 | 1:44 | 4:57 | 2 | 0:06 | 5 | 0:12 | 5.60 | 26:55 | 4:48 | 2 | 0:26 | 5 | 3:05 |
| 00 17 | 0.35 | 1:43 | 4:54 | 2 | 0:03 | 5 | 0:13 | 5.95 | 28:38 | 4:48 | 2 | 0:29 | 5 | 3:18 |