



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

Arnstadt / 21.02.2024

0000

Sebastian Petermann

000: 29:14

00: Kesselbrunn Runners

00: 12.21 km/h

00: 16

0000: 4:54 min/km

00: 0.35 km/00

0: 17 (5.95 km)

Halbstundenlauf

00000/0: 6 (of 20)

0000:

00000: 1(of 2)

Senioren M40 (40-44) H

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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	1:35	4:31	2	0:06	8	0:15	0.35	1:35	4:31	2	0:06	8	0:15
00 2	0.35	1:37	4:37	1	-	4	0:14	0.70	3:12	4:34	2	0:03	6	0:29
00 3	0.35	1:39	4:42	1	-	5	0:13	1.05	4:51	4:37	1	-	5	0:42
00 4	0.35	1:42	4:51	1	-	6	0:15	1.40	6:33	4:40	1	-	5	0:57
00 5	0.35	1:46	5:02	1	-	9	0:18	1.75	8:19	4:45	1	-	6	1:15
00 6	0.35	1:43	4:54	1	-	7	0:13	2.10	10:02	4:46	1	-	6	1:28
00 7	0.35	1:45	5:00	1	-	6	0:16	2.45	11:47	4:48	1	-	6	1:43
00 8	0.35	1:44	4:57	1	-	6	0:15	2.80	13:31	4:49	1	-	6	1:54
00 9	0.35	1:44	4:57	1	-	6	0:14	3.15	15:15	4:50	1	-	6	2:05
00 10	0.35	1:47	5:05	1	-	6	0:19	3.50	17:02	4:52	1	-	6	2:20
00 11	0.35	1:46	5:02	1	-	7	0:16	3.85	18:48	4:52	1	-	6	2:34
00 12	0.35	1:44	4:57	1	-	4	0:15	4.20	20:32	4:53	1	-	6	2:46
00 13	0.35	1:44	4:57	1	-	6	0:14	4.55	22:16	4:53	1	-	6	3:00
00 14	0.35	1:44	4:57	1	-	5	0:12	4.90	24:00	4:53	1	-	6	3:12
00 15	0.35	1:44	4:57	1	-	6	0:14	5.25	25:44	4:54	1	-	6	3:26
00 16	0.35	1:47	5:05	1	-	7	0:15	5.60	27:31	4:54	1	-	6	3:41
00 17	0.35	1:43	4:54	1	-	5	0:13	5.95	29:14	4:54	1	-	6	3:54