



# 1. SPORTident Winter-Stundenlaufserie mit Musik (3. Lauf)

Arnstadt / 20.03.2024

0000

Stephan Mund

000: 29:19

00: 14

00: 10.23 km/h

00: 0.35 km/00

0000: 5:14 min/km

Halbstundenlauf

0: 16 (5.6 km)

0000:

00000/0: 7 (of 23)

Senioren M40 (40-44) H

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	1:35	4:31	2	0:10	8	0:11	0.35	1:35	4:31	2	0:10	8	0:11
00 2	0.35	1:43	4:54	2	0:12	11	0:19	0.70	3:18	4:42	2	0:22	10	0:30
00 3	0.35	1:44	4:57	2	0:09	10	0:19	1.05	5:02	4:47	2	0:31	9	0:49
00 4	0.35	1:47	5:05	2	0:12	9	0:20	1.40	6:49	4:52	2	0:43	9	1:09
00 5	0.35	1:47	5:05	2	0:12	9	0:20	1.75	8:36	4:54	2	0:55	9	1:29
00 6	0.35	1:49	5:11	2	0:12	8	0:32	2.10	10:25	4:57	2	1:07	9	1:51
00 7	0.35	1:51	5:17	2	0:13	9	0:23	2.45	12:16	5:00	2	1:20	8	2:14
00 8	0.35	1:50	5:14	2	0:12	7	0:20	2.80	14:06	5:02	2	1:32	7	2:34
00 9	0.35	1:51	5:17	2	0:11	7	0:23	3.15	15:57	5:03	2	1:43	6	2:57
00 10	0.35	1:55	5:28	2	0:16	10	0:25	3.50	17:52	5:06	2	1:59	6	3:22
00 11	0.35	1:54	5:25	2	0:12	7	0:24	3.85	19:46	5:08	2	2:11	6	3:46
00 12	0.35	1:55	5:28	2	0:15	8	0:24	4.20	21:41	5:09	2	2:26	6	4:10
00 13	0.35	1:56	5:31	2	0:15	9	0:25	4.55	23:37	5:11	2	2:41	6	4:35
00 14	0.35	1:55	5:28	2	0:13	8	0:23	4.90	25:32	5:12	2	2:54	7	4:58
00 15	0.35	1:54	5:25	2	0:10	11	0:23	5.25	27:26	5:13	2	3:04	7	5:21
00 16	0.35	1:53	5:22	2	0:11	9	0:21	5.60	29:19	5:14	2	3:15	7	5:42