



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

Arnstadt / 20.03.2024

0000

Henrik Stutzig

000: 29:38

00: 25

00: 14.17 km/h

00: 0.35 km/00

0000: 4:14 min/km

Halbstundenlauf

0: 20 (7 km)

0000:

00000/0: 1 (of 23)

Senioren M45 (45-49) H

00000: 1(of 3)

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0000

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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	1:24	4:00	1	-	1	-	0.35	1:24	4:00	1	-	1	-
00 2	0.35	1:24	4:00	1	-	1	-	0.70	2:48	4:00	1	-	1	-
00 3	0.35	1:25	4:02	1	-	1	-	1.05	4:13	4:00	1	-	1	-
00 4	0.35	1:27	4:08	1	-	1	-	1.40	5:40	4:02	1	-	1	-
00 5	0.35	1:27	4:08	1	-	1	-	1.75	7:07	4:03	1	-	1	-
00 6	0.35	1:27	4:08	1	-	2	0:10	2.10	8:34	4:04	1	-	1	-
00 7	0.35	1:28	4:11	1	-	1	-	2.45	10:02	4:05	1	-	1	-
00 8	0.35	1:30	4:17	1	-	1	-	2.80	11:32	4:07	1	-	1	-
00 9	0.35	1:28	4:11	1	-	1	-	3.15	13:00	4:07	1	-	1	-
00 10	0.35	1:30	4:17	1	-	1	-	3.50	14:30	4:08	1	-	1	-
00 11	0.35	1:30	4:17	1	-	1	-	3.85	16:00	4:09	1	-	1	-
00 12	0.35	1:31	4:19	1	-	1	-	4.20	17:31	4:10	1	-	1	-
00 13	0.35	1:31	4:19	1	-	1	-	4.55	19:02	4:10	1	-	1	-
00 14	0.35	1:32	4:22	1	-	1	-	4.90	20:34	4:11	1	-	1	-
00 15	0.35	1:31	4:19	1	-	1	-	5.25	22:05	4:12	1	-	1	-
00 16	0.35	1:32	4:22	1	-	1	-	5.60	23:37	4:13	1	-	1	-
00 17	0.35	1:30	4:17	1	-	1	-	5.95	25:07	4:13	1	-	1	-
00 18	0.35	1:31	4:19	1	-	1	-	6.30	26:38	4:13	1	-	1	-
00 19	0.35	1:32	4:22	1	-	1	-	6.65	28:10	4:14	1	-	1	-
00 20	0.35	1:28	4:11	1	-	1	-	7.00	29:38	4:14	1	-	1	-