



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

Arnstadt / 20.03.2024

0000

Marco Zimmermann

000: 28:57

00: 101

00: 10.36 km/h

00: 0.35 km/00

0000: 5:30 min/km

Halbstundenlauf

00: 15 (5.25 km)

0000:

00000/00: 13 (of 23)

Senioren M45 (45-49) H

00000: 3(of 3)

0000

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	1:36	4:34	3	0:12	10	0:12	0.35	1:36	4:34	3	0:12	10	0:12
00 2	0.35	1:41	4:48	2	0:17	9	0:17	0.70	3:17	4:41	2	0:29	9	0:29
00 3	0.35	1:46	5:02	2	0:21	11	0:21	1.05	5:03	4:48	2	0:50	10	0:50
00 4	0.35	1:48	5:08	2	0:21	10	0:21	1.40	6:51	4:53	2	1:11	10	1:11
00 5	0.35	1:50	5:14	3	0:23	12	0:23	1.75	8:41	4:57	2	1:34	11	1:34
00 6	0.35	1:53	5:22	2	0:26	14	0:36	2.10	10:34	5:01	2	2:00	11	2:00
00 7	0.35	1:58	5:37	3	0:30	15	0:30	2.45	12:32	5:06	3	2:30	11	2:30
00 8	0.35	2:19	6:37	3	0:49	18	0:49	2.80	14:51	5:18	3	3:19	12	3:19
00 9	0.35	2:00	5:42	3	0:32	14	0:32	3.15	16:51	5:20	3	3:51	13	3:51
00 10	0.35	2:05	5:57	3	0:35	16	0:35	3.50	18:56	5:24	3	4:26	13	4:26
00 11	0.35	2:09	6:08	3	0:39	16	0:39	3.85	21:05	5:28	3	5:05	13	5:05
00 12	0.35	2:05	5:57	3	0:34	15	0:34	4.20	23:10	5:30	3	5:39	13	5:39
00 13	0.35	2:02	5:48	3	0:31	16	0:31	4.55	25:12	5:32	3	6:10	13	6:10
00 14	0.35	1:56	5:31	2	0:24	12	0:24	4.90	27:08	5:32	3	6:34	13	6:34
00 15	0.35	1:49	5:11	2	0:18	5	0:18	5.25	28:57	5:30	3	6:52	13	6:52