



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

Arnstadt / 20.03.2024

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Mario Heinrich

00: Osthäuser SV

00: 5

00: 0.35 km/00

Halbstundenlauf

0000:

Senioren M50 (50-54) H

000: 29:39

00: 12.04 km/h

0000: 4:58 min/km

0: 17 (5.95 km)

00000/0: 5 (of 23)

00000: 1(of 4)

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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	2	0:07	10	0:12	0.35	1:36	4:34	2	0:07	10	0:12
00 2	0.35	1:32	4:22	1	-	3	0:08	0.70	3:08	4:28	2	0:04	7	0:20
00 3	0.35	1:34	4:28	1	-	2	0:09	1.05	4:42	4:28	1	-	5	0:29
00 4	0.35	1:38	4:40	1	-	5	0:11	1.40	6:20	4:31	1	-	5	0:40
00 5	0.35	1:41	4:48	1	-	5	0:14	1.75	8:01	4:34	1	-	5	0:54
00 6	0.35	1:42	4:51	1	-	6	0:25	2.10	9:43	4:37	1	-	5	1:09
00 7	0.35	1:44	4:57	1	-	6	0:16	2.45	11:27	4:40	1	-	5	1:25
00 8	0.35	1:47	5:05	1	-	6	0:17	2.80	13:14	4:43	1	-	5	1:42
00 9	0.35	1:47	5:05	1	-	6	0:19	3.15	15:01	4:46	1	-	5	2:01
00 10	0.35	1:47	5:05	1	-	5	0:17	3.50	16:48	4:47	1	-	5	2:18
00 11	0.35	1:47	5:05	1	-	5	0:17	3.85	18:35	4:49	1	-	5	2:35
00 12	0.35	1:48	5:08	1	-	5	0:17	4.20	20:23	4:51	1	-	5	2:52
00 13	0.35	1:52	5:20	1	-	5	0:21	4.55	22:15	4:53	1	-	5	3:13
00 14	0.35	1:50	5:14	1	-	5	0:18	4.90	24:05	4:54	1	-	5	3:31
00 15	0.35	1:53	5:22	3	0:02	8	0:22	5.25	25:58	4:56	1	-	5	3:53
00 16	0.35	1:50	5:14	1	-	7	0:18	5.60	27:48	4:57	1	-	5	4:11
00 17	0.35	1:51	5:17	1	-	5	0:21	5.95	29:39	4:58	1	-	5	4:32