



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

Arnstadt / 20.03.2024

0000

Ralph Walther

000: 29:36

00: 26

00: 10.64 km/h

00: 0.35 km/00

0000: 5:38 min/km

Halbstundenlauf

00: 15 (5.25 km)

0000:

00000/00: 14 (of 23)

Senioren M60 (60-64) H

00000: 4(of 5)

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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	1:58	5:37	4	0:30	15	0:34	0.35	1:58	5:37	4	0:30	15	0:34
00 2	0.35	1:53	5:22	4	0:20	14	0:29	0.70	3:51	5:30	4	0:50	15	1:03
00 3	0.35	1:55	5:28	4	0:18	15	0:30	1.05	5:46	5:29	4	1:08	15	1:33
00 4	0.35	1:59	5:40	4	0:22	15	0:32	1.40	7:45	5:32	4	1:30	16	2:05
00 5	0.35	2:01	5:45	4	0:22	16	0:34	1.75	9:46	5:34	4	1:52	16	2:39
00 6	0.35	2:01	5:45	4	0:22	16	0:44	2.10	11:47	5:36	4	2:14	16	3:13
00 7	0.35	1:58	5:37	4	0:20	15	0:30	2.45	13:45	5:36	4	2:34	16	3:43
00 8	0.35	2:00	5:42	4	0:21	13	0:30	2.80	15:45	5:37	4	2:55	16	4:13
00 9	0.35	1:59	5:40	4	0:19	13	0:31	3.15	17:44	5:37	4	3:14	15	4:44
00 10	0.35	1:57	5:34	3	0:16	11	0:27	3.50	19:41	5:37	4	3:30	14	5:11
00 11	0.35	2:00	5:42	4	0:18	12	0:30	3.85	21:41	5:37	4	3:48	14	5:41
00 12	0.35	1:59	5:40	4	0:20	11	0:28	4.20	23:40	5:38	4	4:08	14	6:09
00 13	0.35	1:57	5:34	3	0:16	12	0:26	4.55	25:37	5:37	4	4:24	14	6:35
00 14	0.35	1:59	5:40	4	0:18	14	0:27	4.90	27:36	5:37	4	4:42	14	7:02
00 15	0.35	2:00	5:42	4	0:19	14	0:29	5.25	29:36	5:38	4	5:01	14	7:31