



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

Arnstadt / 20.03.2024

0000

Vuong Binh Nguyen

00: SPORTident GmbH

00: 17

00: 0.35 km/00

Halbstundenlauf

0000:

Männer (20-29 Jahre) H

000: 28:38

00: 6.29 km/h

0000: 8:10 min/km

0: 10 (3.5 km)

00000/0: 22 (of 23)

00000: 1(of 1)

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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	2:25	6:54	1	-	23	1:01	0.35	2:25	6:54	1	-	23	1:01
00 2	0.35	2:30	7:08	1	-	23	1:06	0.70	4:55	7:01	1	-	23	2:07
00 3	0.35	2:25	6:54	1	-	23	1:00	1.05	7:20	6:59	1	-	23	3:07
00 4	0.35	2:22	6:45	1	-	22	0:55	1.40	9:42	6:55	1	-	23	4:02
00 5	0.35	3:38	10:22	1	-	23	2:11	1.75	13:20	7:37	1	-	23	6:13
00 6	0.35	3:50	10:57	1	-	23	2:33	2.10	17:10	8:10	1	-	23	8:36
00 7	0.35	3:22	9:37	1	-	22	1:54	2.45	20:32	8:22	1	-	22	10:30
00 8	0.35	3:23	9:40	1	-	22	1:53	2.80	23:55	8:32	1	-	22	12:23
00 9	0.35	1:36	4:34	1	-	2	0:08	3.15	25:31	8:06	1	-	22	12:31
00 10	0.35	3:07	8:54	1	-	22	1:37	3.50	28:38	8:10	1	-	22	14:08