



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

Arnstadt / 20.03.2024

0000

Sven Grunwald

00: IK.IW.IW

00: 37

00: 0.35 km/00

Stundenlauf

0000:

Senioren M35 (35-39)

000: 58:45

00: 8.17 km/h

0000: 6:59 min/km

0: 24 (8.4 km)

00000/0: 35 (of 36)

00000: 7(of 7)

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000	00 km	00 00 min/km	00 -	00 -	00 0	00 0	000 km	000 00 min/km	00 -	00 -	00 0	00 0		
00 1	0.35	2:12	6:17	7	0:55	36	1:07	0.35	2:12	6:17	7	0:55	36	1:07
00 2	0.35	2:14	6:22	7	0:53	35	1:01	0.70	4:26	6:20	7	1:48	36	2:08
00 3	0.35	2:24	6:51	7	0:59	36	1:07	1.05	6:50	6:30	7	2:47	36	3:15
00 4	0.35	2:24	6:51	7	1:00	36	1:07	1.40	9:14	6:35	7	3:47	36	4:22
00 5	0.35	2:28	7:02	7	1:04	35	1:10	1.75	11:42	6:41	7	4:51	36	5:32
00 6	0.35	2:23	6:48	7	0:59	36	1:04	2.10	14:05	6:42	7	5:50	36	6:36
00 7	0.35	2:25	6:54	7	1:00	35	1:05	2.45	16:30	6:44	7	6:50	36	7:41
00 8	0.35	2:30	7:08	7	1:07	35	1:10	2.80	19:00	6:47	7	7:57	36	8:51
00 9	0.35	2:30	7:08	7	1:02	36	1:10	3.15	21:30	6:49	7	8:59	36	10:01
00 10	0.35	2:32	7:14	7	1:07	36	1:12	3.50	24:02	6:52	7	10:06	36	11:13
00 11	0.35	2:32	7:14	7	1:07	36	1:12	3.85	26:34	6:54	7	11:13	36	12:25
00 12	0.35	2:33	7:17	7	1:08	36	1:15	4.20	29:07	6:55	7	12:21	36	13:40
00 13	0.35	2:30	7:08	7	1:05	36	1:10	4.55	31:37	6:56	7	13:26	36	14:50
00 14	0.35	2:32	7:14	7	1:07	36	1:13	4.90	34:09	6:58	7	14:33	36	16:03
00 15	0.35	2:30	7:08	7	1:05	36	1:09	5.25	36:39	6:58	7	15:38	36	17:12
00 16	0.35	2:25	6:54	7	1:02	35	1:05	5.60	39:04	6:58	7	16:40	36	18:17
00 17	0.35	2:29	7:05	7	1:04	35	1:08	5.95	41:33	6:58	7	17:44	36	19:25
00 18	0.35	2:32	7:14	7	1:00	35	1:13	6.30	44:05	6:59	7	18:42	36	20:38
00 19	0.35	2:28	7:02	7	0:57	36	1:07	6.65	46:33	7:00	7	19:37	36	21:45
00 20	0.35	2:28	7:02	7	1:01	34	1:08	7.00	49:01	7:00	7	20:38	35	22:53
00 21	0.35	2:32	7:14	7	1:04	34	1:11	7.35	51:33	7:00	7	21:42	35	24:04
00 22	0.35	2:28	7:02	7	0:57	34	1:07	7.70	54:01	7:00	7	22:39	35	25:11
00 23	0.35	2:26	6:57	7	0:58	33	1:04	8.05	56:27	7:00	7	23:37	35	26:15
00 24	0.35	2:18	6:34	7	0:48	33	0:56	8.40	58:45	6:59	7	24:25	35	27:11