



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

Arnstadt / 20.03.2024

0000

Sebastian Petermann

000: 59:52

00: Kesselbrunn Runners

00: 10.02 km/h

00: 58

0000: 5:42 min/km

00: 0.35 km/00

0: 30 (10.5 km)

Stundenlauf

00000/0: 27 (of 36)

0000:

00000: 6(of 7)

Senioren M40 (40-44)

0000

0000

000

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	1:53	5:22	7	0:48	27	0:48	0.35	1:53	5:22	7	0:48	27	0:48
00 2	0.35	1:48	5:08	7	0:35	25	0:35	0.70	3:41	5:15	7	1:23	26	1:23
00 3	0.35	1:48	5:08	7	0:31	23	0:31	1.05	5:29	5:13	7	1:54	26	1:54
00 4	0.35	1:54	5:25	7	0:37	27	0:37	1.40	7:23	5:16	7	2:31	26	2:31
00 5	0.35	1:55	5:28	7	0:37	28	0:37	1.75	9:18	5:18	7	3:08	26	3:08
00 6	0.35	1:59	5:40	7	0:40	30	0:40	2.10	11:17	5:22	7	3:48	26	3:48
00 7	0.35	1:57	5:34	7	0:37	29	0:37	2.45	13:14	5:24	7	4:25	26	4:25
00 8	0.35	1:55	5:28	7	0:35	27	0:35	2.80	15:09	5:24	7	5:00	26	5:00
00 9	0.35	2:00	5:42	7	0:40	30	0:40	3.15	17:09	5:26	7	5:40	26	5:40
00 10	0.35	1:56	5:31	7	0:36	26	0:36	3.50	19:05	5:27	7	6:16	26	6:16
00 11	0.35	1:58	5:37	7	0:38	26	0:38	3.85	21:03	5:28	7	6:54	26	6:54
00 12	0.35	1:58	5:37	7	0:40	26	0:40	4.20	23:01	5:28	7	7:34	26	7:34
00 13	0.35	1:54	5:25	7	0:34	25	0:34	4.55	24:55	5:28	7	8:08	26	8:08
00 14	0.35	2:00	5:42	7	0:41	27	0:41	4.90	26:55	5:29	7	8:49	26	8:49
00 15	0.35	2:02	5:48	7	0:41	29	0:41	5.25	28:57	5:30	7	9:30	26	9:30
00 16	0.35	2:02	5:48	7	0:42	28	0:42	5.60	30:59	5:31	7	10:12	26	10:12
00 17	0.35	2:02	5:48	7	0:41	27	0:41	5.95	33:01	5:32	7	10:53	26	10:53
00 18	0.35	2:02	5:48	7	0:43	27	0:43	6.30	35:03	5:33	7	11:36	27	11:36
00 19	0.35	2:02	5:48	7	0:41	27	0:41	6.65	37:05	5:34	7	12:17	27	12:17
00 20	0.35	2:03	5:51	6	0:43	25	0:43	7.00	39:08	5:35	6	13:00	26	13:00
00 21	0.35	2:02	5:48	6	0:41	27	0:41	7.35	41:10	5:36	6	13:41	26	13:41
00 22	0.35	2:07	6:02	6	0:46	27	0:46	7.70	43:17	5:37	6	14:27	26	14:27
00 23	0.35	2:07	6:02	6	0:45	27	0:45	8.05	45:24	5:38	6	15:12	26	15:12
00 24	0.35	2:06	6:00	6	0:44	27	0:44	8.40	47:30	5:39	6	15:56	26	15:56
00 25	0.35	2:06	6:00	6	0:44	27	0:44	8.75	49:36	5:40	6	16:40	26	16:40
00 26	0.35	2:08	6:05	6	0:47	26	0:47	9.10	51:44	5:41	6	17:27	26	17:27
00 27	0.35	2:07	6:02	6	0:44	29	0:44	9.45	53:51	5:41	6	18:11	27	18:11
00 28	0.35	2:08	6:05	6	0:44	29	0:44	9.80	55:59	5:42	6	18:55	27	18:55
00 29	0.35	2:08	6:05	6	0:46	30	0:46	10.15	58:07	5:43	6	19:41	27	19:41
00 30	0.35	1:45	5:00	6	0:23	15	0:23	10.50	59:52	5:42	6	20:04	27	20:04