



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

Arnstadt / 20.03.2024

0000

Matthias Haupt

000: 59:42

00: 57

00: 10.05 km/h

00: 0.35 km/00

0000: 5:41 min/km

Stundenlauf

0: 30 (10.5 km)

0000:

00000/0: 26 (of 36)

Senioren M45 (45-49)

00000: 5(of 5)

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	1:55	5:28	5	0:28	29	0:50	0.35	1:55	5:28	5	0:28	29	0:50
00 2	0.35	1:50	5:14	5	0:25	27	0:37	0.70	3:45	5:21	5	0:52	28	1:27
00 3	0.35	1:57	5:34	5	0:32	29	0:40	1.05	5:42	5:25	5	1:24	28	2:07
00 4	0.35	1:51	5:17	5	0:25	26	0:34	1.40	7:33	5:23	5	1:49	28	2:41
00 5	0.35	1:53	5:22	5	0:26	26	0:35	1.75	9:26	5:23	5	2:15	27	3:16
00 6	0.35	1:55	5:28	5	0:27	28	0:36	2.10	11:21	5:24	5	2:42	27	3:52
00 7	0.35	1:55	5:28	5	0:26	28	0:35	2.45	13:16	5:24	5	3:08	27	4:27
00 8	0.35	1:55	5:28	5	0:27	27	0:35	2.80	15:11	5:25	5	3:35	27	5:02
00 9	0.35	1:59	5:40	5	0:32	29	0:39	3.15	17:10	5:26	5	4:07	27	5:41
00 10	0.35	1:59	5:40	5	0:30	28	0:39	3.50	19:09	5:28	5	4:37	27	6:20
00 11	0.35	1:58	5:37	5	0:28	26	0:38	3.85	21:07	5:29	5	5:05	27	6:58
00 12	0.35	1:59	5:40	5	0:30	28	0:41	4.20	23:06	5:30	5	5:35	27	7:39
00 13	0.35	2:00	5:42	5	0:30	28	0:40	4.55	25:06	5:30	5	6:05	27	8:19
00 14	0.35	2:00	5:42	5	0:29	27	0:41	4.90	27:06	5:31	5	6:34	27	9:00
00 15	0.35	2:01	5:45	5	0:31	27	0:40	5.25	29:07	5:32	5	7:05	27	9:40
00 16	0.35	2:00	5:42	5	0:30	27	0:40	5.60	31:07	5:33	5	7:35	27	10:20
00 17	0.35	2:02	5:48	5	0:32	27	0:41	5.95	33:09	5:34	5	8:07	29	11:01
00 18	0.35	2:02	5:48	5	0:30	27	0:43	6.30	35:11	5:35	5	8:37	29	11:44
00 19	0.35	2:00	5:42	5	0:28	26	0:39	6.65	37:11	5:35	5	9:05	29	12:23
00 20	0.35	2:04	5:54	5	0:34	27	0:44	7.00	39:15	5:36	5	9:39	27	13:07
00 21	0.35	2:01	5:45	5	0:31	26	0:40	7.35	41:16	5:36	5	10:10	28	13:47
00 22	0.35	2:03	5:51	5	0:32	25	0:42	7.70	43:19	5:37	5	10:42	28	14:29
00 23	0.35	2:05	5:57	5	0:34	26	0:43	8.05	45:24	5:38	5	11:16	26	15:12
00 24	0.35	2:06	6:00	5	0:35	27	0:44	8.40	47:30	5:39	5	11:51	26	15:56
00 25	0.35	2:06	6:00	5	0:35	27	0:44	8.75	49:36	5:40	5	12:26	26	16:40
00 26	0.35	2:08	6:05	5	0:36	26	0:47	9.10	51:44	5:41	5	13:02	26	17:27
00 27	0.35	2:03	5:51	5	0:31	26	0:40	9.45	53:47	5:41	5	13:33	26	18:07
00 28	0.35	1:58	5:37	5	0:26	26	0:34	9.80	55:45	5:41	5	13:59	26	18:41
00 29	0.35	1:57	5:34	5	0:25	27	0:35	10.15	57:42	5:41	5	14:24	26	19:16
00 30	0.35	2:00	5:42	5	0:27	28	0:38	10.50	59:42	5:41	5	14:51	26	19:54