



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

Arnstadt / 20.03.2024

0000

Frank Spilling

00: Arnstadt läuft!

00: 111

00: 0.35 km/00

Stundenlauf

0000:

Senioren M50 (50-54)

000: 58:26

00: 9.34 km/h

0000: 6:25 min/km

0: 26 (9.1 km)

00000/0: 33 (of 36)

00000: 8(of 8)

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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	2:01	5:45	7	0:50	30	0:56	0.35	2:01	5:45	7	0:50	30	0:56
00 2	0.35	2:00	5:42	8	0:44	32	0:47	0.70	4:01	5:44	8	1:34	31	1:43
00 3	0.35	2:00	5:42	8	0:42	32	0:43	1.05	6:01	5:43	8	2:16	32	2:26
00 4	0.35	2:01	5:45	8	0:42	32	0:44	1.40	8:02	5:44	8	2:58	32	3:10
00 5	0.35	2:03	5:51	8	0:44	31	0:45	1.75	10:05	5:45	8	3:42	31	3:55
00 6	0.35	2:07	6:02	8	0:46	33	0:48	2.10	12:12	5:48	8	4:28	32	4:43
00 7	0.35	2:05	5:57	8	0:44	32	0:45	2.45	14:17	5:49	8	5:12	32	5:28
00 8	0.35	2:11	6:14	8	0:51	33	0:51	2.80	16:28	5:52	8	6:03	32	6:19
00 9	0.35	2:10	6:11	8	0:48	33	0:50	3.15	18:38	5:54	8	6:51	32	7:09
00 10	0.35	2:10	6:11	8	0:48	34	0:50	3.50	20:48	5:56	8	7:39	32	7:59
00 11	0.35	2:13	6:20	8	0:52	33	0:53	3.85	23:01	5:58	8	8:31	32	8:52
00 12	0.35	2:16	6:28	8	0:54	34	0:58	4.20	25:17	6:01	8	9:25	33	9:50
00 13	0.35	2:18	6:34	8	0:57	34	0:58	4.55	27:35	6:03	8	10:22	33	10:48
00 14	0.35	2:17	6:31	8	0:54	33	0:58	4.90	29:52	6:05	8	11:16	33	11:46
00 15	0.35	2:14	6:22	8	0:51	33	0:53	5.25	32:06	6:06	8	12:07	33	12:39
00 16	0.35	2:20	6:40	8	0:57	33	1:00	5.60	34:26	6:08	8	13:04	33	13:39
00 17	0.35	2:16	6:28	8	0:53	33	0:55	5.95	36:42	6:10	8	13:57	33	14:34
00 18	0.35	2:31	7:11	8	1:06	34	1:12	6.30	39:13	6:13	8	15:03	33	15:46
00 19	0.35	2:21	6:42	8	0:57	34	1:00	6.65	41:34	6:15	8	16:00	33	16:46
00 20	0.35	2:19	6:37	8	0:55	33	0:59	7.00	43:53	6:16	8	16:55	32	17:45
00 21	0.35	2:22	6:45	8	0:58	33	1:01	7.35	46:15	6:17	8	17:53	32	18:46
00 22	0.35	2:25	6:54	8	1:00	33	1:04	7.70	48:40	6:19	8	18:53	32	19:50
00 23	0.35	2:26	6:57	8	1:02	33	1:04	8.05	51:06	6:20	8	19:55	32	20:54
00 24	0.35	2:26	6:57	8	1:03	35	1:04	8.40	53:32	6:22	8	20:58	33	21:58
00 25	0.35	2:29	7:05	8	1:04	33	1:07	8.75	56:01	6:24	8	22:02	33	23:05
00 26	0.35	2:25	6:54	8	1:01	33	1:04	9.10	58:26	6:25	8	23:03	33	24:09