



## 2. SPORTident Winter-Stundenlaufserie mit Musik (1.Lauf)

Arnstadt / 15.01.2025

0000

Henning Mathesy

00: N3

00: 57

00: 0.49 km/00

Halbstundenlauf

0000:

Senioren M35 (35-39) H

000: 28:44

00: 10.44 km/h

0000: 5:19 min/km

0: 11 (5.39 km)

00000/0: 16 (of 38)

00000: 2(of 2)

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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	0.49	2:32	5:10	2	0:03	22	0:25	0.49	2:32	5:10	2	0:03	22	0:25
00 2	0.49	2:32	5:10	2	0:13	22	0:26	0.98	5:04	5:10	2	0:16	22	0:51
00 3	0.49	2:42	5:30	2	0:22	25	0:36	1.47	7:46	5:17	2	0:38	23	1:27
00 4	0.49	2:34	5:14	2	0:10	16	0:24	1.96	10:20	5:16	2	0:48	22	1:48
00 5	0.49	2:38	5:22	2	0:16	17	0:35	2.45	12:58	5:17	2	1:04	21	2:23
00 6	0.49	2:35	5:16	2	0:12	15	0:29	2.94	15:33	5:17	2	1:16	18	2:52
00 7	0.49	2:38	5:22	2	0:12	16	0:33	3.43	18:11	5:18	2	1:28	18	3:25
00 8	0.49	2:38	5:22	2	0:08	14	0:31	3.92	20:49	5:18	2	1:36	17	3:55
00 9	0.49	2:44	5:34	2	0:15	19	0:37	4.41	23:33	5:20	2	1:51	16	4:29
00 10	0.49	2:37	5:20	2	0:04	15	0:36	4.90	26:10	5:20	2	1:55	16	5:05
00 11	0.49	2:34	5:14	2	0:03	15	0:24	5.39	28:44	5:19	2	1:58	16	5:28