



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

Arnstadt / 15.01.2025

0000

Tobias Greifzu

000: 29:29

00: 11

00: 12.21 km/h

00: 0.49 km/00

0000: 4:37 min/km

Halbstundenlauf

00: 13 (6.37 km)

0000:

00000/00: 4 (of 38)

Senioren M40 (40-44) H

00000: 1(of 4)

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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	2:13	4:31	1	-	6	0:06	0.49	2:13	4:31	1	-	6	0:06
00 2	0.49	2:15	4:35	1	-	5	0:09	0.98	4:28	4:33	1	-	6	0:15
00 3	0.49	2:18	4:41	1	-	5	0:12	1.47	6:46	4:36	1	-	4	0:27
00 4	0.49	2:19	4:43	1	-	5	0:09	1.96	9:05	4:38	1	-	5	0:33
00 5	0.49	2:19	4:43	1	-	4	0:16	2.45	11:24	4:39	1	-	5	0:49
00 6	0.49	2:19	4:43	1	-	5	0:13	2.94	13:43	4:39	1	-	5	1:02
00 7	0.49	2:21	4:47	2	0:01	6	0:16	3.43	16:04	4:41	1	-	5	1:18
00 8	0.49	2:16	4:37	1	-	3	0:09	3.92	18:20	4:40	1	-	5	1:26
00 9	0.49	2:17	4:39	1	-	3	0:10	4.41	20:37	4:40	1	-	5	1:33
00 10	0.49	2:19	4:43	1	-	4	0:18	4.90	22:56	4:40	1	-	5	1:51
00 11	0.49	2:17	4:39	1	-	5	0:07	5.39	25:13	4:40	1	-	4	1:57
00 12	0.49	2:12	4:29	1	-	3	0:06	5.88	27:25	4:39	1	-	4	1:55
00 13	0.49	2:04	4:13	1	-	1	-	6.37	29:29	4:37	1	-	4	1:54