



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

Arnstadt / 15.01.2025

0000

Andreas Heym

000: 29:20

00: 20

00: 12.27 km/h

00: 0.49 km/00

0000: 4:36 min/km

Halbstundenlauf

00: 13 (6.37 km)

0000:

00000/00: 3 (of 38)

Senioren M45 (45-49) H

00000: 2(of 7)

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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	2:19	4:43	4	0:12	12	0:12	0.49	2:19	4:43	4	0:12	12	0:12
00 2	0.49	2:13	4:31	2	0:07	3	0:07	0.98	4:32	4:37	3	0:19	7	0:19
00 3	0.49	2:17	4:39	3	0:11	4	0:11	1.47	6:49	4:38	3	0:30	7	0:30
00 4	0.49	2:14	4:33	2	0:01	3	0:04	1.96	9:03	4:37	3	0:31	4	0:31
00 5	0.49	2:15	4:35	2	0:12	3	0:12	2.45	11:18	4:36	3	0:43	4	0:43
00 6	0.49	2:14	4:33	2	0:08	3	0:08	2.94	13:32	4:36	2	0:51	3	0:51
00 7	0.49	2:19	4:43	2	0:14	3	0:14	3.43	15:51	4:37	2	1:05	3	1:05
00 8	0.49	2:17	4:39	2	0:09	4	0:10	3.92	18:08	4:37	2	1:14	3	1:14
00 9	0.49	2:17	4:39	2	0:07	3	0:10	4.41	20:25	4:37	2	1:21	3	1:21
00 10	0.49	2:16	4:37	2	0:15	3	0:15	4.90	22:41	4:37	2	1:36	3	1:36
00 11	0.49	2:14	4:33	2	0:03	4	0:04	5.39	24:55	4:37	2	1:39	3	1:39
00 12	0.49	2:12	4:29	1	-	3	0:06	5.88	27:07	4:36	2	1:37	3	1:37
00 13	0.49	2:13	4:31	3	0:08	5	0:09	6.37	29:20	4:36	2	1:45	3	1:45