



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

Arnstadt / 15.01.2025

0000

Maik Herrmann

000: 29:41

00: 19

00: 12.13 km/h

00: 0.49 km/00

0000: 4:39 min/km

Halbstundenlauf

0: 13 (6.37 km)

0000:

00000/0: 5 (of 38)

Senioren M45 (45-49) H

00000: 3(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	2:07	4:19	1	-	1	-	0.49	2:07	4:19	1	-	1	-
00 2	0.49	2:14	4:33	3	0:08	4	0:08	0.98	4:21	4:26	2	0:08	3	0:08
00 3	0.49	2:16	4:37	2	0:10	3	0:10	1.47	6:37	4:30	2	0:18	3	0:18
00 4	0.49	2:18	4:41	3	0:05	4	0:08	1.96	8:55	4:32	2	0:23	3	0:23
00 5	0.49	2:20	4:45	3	0:17	5	0:17	2.45	11:15	4:35	2	0:40	3	0:40
00 6	0.49	2:18	4:41	3	0:12	4	0:12	2.94	13:33	4:36	3	0:52	4	0:52
00 7	0.49	2:20	4:45	3	0:15	4	0:15	3.43	15:53	4:37	3	1:07	4	1:07
00 8	0.49	2:20	4:45	3	0:12	5	0:13	3.92	18:13	4:38	3	1:19	4	1:19
00 9	0.49	2:21	4:47	3	0:11	5	0:14	4.41	20:34	4:39	3	1:30	4	1:30
00 10	0.49	2:20	4:45	3	0:19	5	0:19	4.90	22:54	4:40	3	1:49	4	1:49
00 11	0.49	2:20	4:45	3	0:09	6	0:10	5.39	25:14	4:40	3	1:58	5	1:58
00 12	0.49	2:18	4:41	3	0:06	6	0:12	5.88	27:32	4:40	3	2:02	5	2:02
00 13	0.49	2:09	4:23	2	0:04	4	0:05	6.37	29:41	4:39	3	2:06	5	2:06