



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

Arnstadt / 15.01.2025

0000

Marco Zimmermann

000: 29:52

00: 54

00: 10.04 km/h

00: 0.49 km/00

0000: 5:32 min/km

Halbstundenlauf

00: 11 (5.39 km)

0000:

00000/00: 21 (of 38)

Senioren M45 (45-49) H

00000: 6(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	2:35	5:16	6	0:28	24	0:28	0.49	2:35	5:16	6	0:28	24	0:28
00 2	0.49	2:33	5:12	6	0:27	23	0:27	0.98	5:08	5:14	6	0:55	24	0:55
00 3	0.49	2:43	5:32	6	0:37	26	0:37	1.47	7:51	5:20	6	1:32	24	1:32
00 4	0.49	2:39	5:24	5	0:26	20	0:29	1.96	10:30	5:21	6	1:58	23	1:58
00 5	0.49	2:41	5:28	5	0:38	19	0:38	2.45	13:11	5:22	6	2:36	22	2:36
00 6	0.49	2:42	5:30	5	0:36	19	0:36	2.94	15:53	5:24	6	3:12	22	3:12
00 7	0.49	2:47	5:40	6	0:42	22	0:42	3.43	18:40	5:26	6	3:54	21	3:54
00 8	0.49	2:49	5:44	6	0:41	21	0:42	3.92	21:29	5:28	6	4:35	21	4:35
00 9	0.49	2:53	5:53	7	0:43	26	0:46	4.41	24:22	5:31	6	5:18	21	5:18
00 10	0.49	2:48	5:42	7	0:47	22	0:47	4.90	27:10	5:32	6	6:05	21	6:05
00 11	0.49	2:42	5:30	6	0:31	21	0:32	5.39	29:52	5:32	6	6:36	21	6:36