



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

Arnstadt / 15.01.2025

0000

Mario Heinrich

000: 29:19

00: 13

00: 10.23 km/h

00: 0.49 km/00

0000: 4:59 min/km

Halbstundenlauf

00: 12 (5.88 km)

0000:

00000/00: 11 (of 38)

Senioren M50 (50-54) H

00000: 2(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	2:14	4:33	1	-	8	0:07	0.49	2:14	4:33	1	-	8	0:07
00 2	0.49	2:21	4:47	1	-	13	0:15	0.98	4:35	4:40	1	-	9	0:22
00 3	0.49	2:24	4:53	2	0:05	13	0:18	1.47	6:59	4:45	1	-	10	0:40
00 4	0.49	2:26	4:57	2	0:03	13	0:16	1.96	9:25	4:48	2	0:01	10	0:53
00 5	0.49	2:26	4:57	1	-	10	0:23	2.45	11:51	4:50	2	0:01	11	1:16
00 6	0.49	2:28	5:02	1	-	9	0:22	2.94	14:19	4:52	2	0:01	12	1:38
00 7	0.49	2:27	5:00	1	-	9	0:22	3.43	16:46	4:53	1	-	10	2:00
00 8	0.49	2:29	5:04	2	0:01	10	0:22	3.92	19:15	4:54	2	0:01	11	2:21
00 9	0.49	2:31	5:08	2	0:02	11	0:24	4.41	21:46	4:56	2	0:03	11	2:42
00 10	0.49	2:32	5:10	1	-	9	0:31	4.90	24:18	4:57	2	0:03	11	3:13
00 11	0.49	2:33	5:12	2	0:05	12	0:23	5.39	26:51	4:58	2	0:08	11	3:35
00 12	0.49	2:28	5:02	2	0:10	12	0:22	5.88	29:19	4:59	2	0:18	11	3:49