



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

Arnstadt / 15.01.2025

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Jörg Grimm

00: SPORTident

00: 60

00: 0.49 km/00

Halbstundenlauf

0000:

Senioren M55 (55-59) H

000: 29:42

00: 10.10 km/h

0000: 5:03 min/km

0: 12 (5.88 km)

00000/0: 14 (of 38)

00000: 2(of 2)

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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	2:18	4:41	2	0:05	11	0:11	0.49	2:18	4:41	2	0:05	11	0:11
00 2	0.49	2:18	4:41	1	-	7	0:12	0.98	4:36	4:41	2	0:03	10	0:23
00 3	0.49	2:19	4:43	1	-	6	0:13	1.47	6:55	4:42	2	0:01	9	0:36
00 4	0.49	2:25	4:55	2	0:02	11	0:15	1.96	9:20	4:45	2	0:03	8	0:48
00 5	0.49	2:26	4:57	1	-	10	0:23	2.45	11:46	4:48	2	0:02	8	1:11
00 6	0.49	2:31	5:08	2	0:03	14	0:25	2.94	14:17	4:51	2	0:05	9	1:36
00 7	0.49	2:31	5:08	2	0:03	13	0:26	3.43	16:48	4:53	2	0:08	13	2:02
00 8	0.49	2:39	5:24	2	0:08	15	0:32	3.92	19:27	4:57	2	0:16	14	2:33
00 9	0.49	2:37	5:20	2	0:02	14	0:30	4.41	22:04	5:00	2	0:18	14	3:00
00 10	0.49	2:38	5:22	2	0:06	16	0:37	4.90	24:42	5:02	2	0:24	14	3:37
00 11	0.49	2:33	5:12	1	-	12	0:23	5.39	27:15	5:03	2	0:23	14	3:59
00 12	0.49	2:27	5:00	1	-	11	0:21	5.88	29:42	5:03	2	0:17	14	4:12