



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

Arnstadt / 15.01.2025

0000

Rainer Raab

000: 28:51

00: 37

00: 8.32 km/h

00: 0.49 km/00

0000: 5:53 min/km

Halbstundenlauf

0: 10 (4.9 km)

0000:

00000/0: 30 (of 38)

Senioren M60 (60-64) H

00000: 4(of 5)

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
00 1	0.49	2:53	5:53	3	0:39	26	0:46	0.49	2:53	5:53	3	0:39	26	0:46
00 2	0.49	2:47	5:40	3	0:24	29	0:41	0.98	5:40	5:46	3	1:03	29	1:27
00 3	0.49	2:53	5:53	3	0:28	30	0:47	1.47	8:33	5:48	3	1:31	29	2:14
00 4	0.49	2:50	5:46	3	0:26	27	0:40	1.96	11:23	5:48	3	1:57	29	2:51
00 5	0.49	2:48	5:42	2	0:21	21	0:45	2.45	14:11	5:47	3	2:18	27	3:36
00 6	0.49	2:52	5:51	3	0:23	24	0:46	2.94	17:03	5:47	3	2:41	27	4:22
00 7	0.49	3:01	6:09	4	0:30	30	0:56	3.43	20:04	5:51	3	3:11	27	5:18
00 8	0.49	2:58	6:03	4	0:26	25	0:51	3.92	23:02	5:52	3	3:37	27	6:08
00 9	0.49	2:59	6:05	4	0:26	27	0:52	4.41	26:01	5:53	3	4:03	28	6:57
00 10	0.49	2:50	5:46	4	0:15	24	0:49	4.90	28:51	5:53	4	4:18	30	7:46