



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

Arnstadt / 15.01.2025

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Uwe Henning

00: Guideteam

00: 18

00: 0.49 km/00

Halbstundenlauf

0000:

Senioren M60 (60-64) H

000: 28:54

00: 8.30 km/h

0000: 6:33 min/km

0: 9 (4.41 km)

00000/0: 31 (of 38)

00000: 5(of 5)

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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	3:21	6:50	5	1:07	36	1:14	0.49	3:21	6:50	5	1:07	36	1:14
00 2	0.49	3:12	6:31	5	0:49	35	1:06	0.98	6:33	6:41	5	1:56	36	2:20
00 3	0.49	3:06	6:19	5	0:41	33	1:00	1.47	9:39	6:33	5	2:37	35	3:20
00 4	0.49	3:09	6:25	5	0:45	31	0:59	1.96	12:48	6:31	5	3:22	34	4:16
00 5	0.49	3:11	6:29	5	0:44	31	1:08	2.45	15:59	6:31	5	4:06	32	5:24
00 6	0.49	3:14	6:35	5	0:45	32	1:08	2.94	19:13	6:32	5	4:51	32	6:32
00 7	0.49	3:15	6:37	5	0:44	33	1:10	3.43	22:28	6:33	5	5:35	32	7:42
00 8	0.49	3:15	6:37	5	0:43	30	1:08	3.92	25:43	6:33	5	6:18	32	8:49
00 9	0.49	3:11	6:29	5	0:38	33	1:04	4.41	28:54	6:33	5	6:56	31	9:50