



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

Arnstadt / 15.01.2025

0000

Friedrich Reich

000: 1:00:00

00: 134

00: 13.00 km/h

00: 0.49 km/00

0000: 4:22 min/km

Stundenlauf

0: 28 (13.72 km)

0000:

00000/0: 5 (of 34)

Senioren M30 (30-34)

00000: 1(of 2)

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000	00 km	00 00 min/km	00 -	00 -	00 0	00 0	000 km	000 00 min/km	00 -	00 -	00 0	00 0		
00 1	0.49	2:10	4:25	1	-	4	0:21	0.49	2:10	4:25	1	-	4	0:21
00 2	0.49	2:10	4:25	1	-	7	0:15	0.98	4:20	4:25	1	-	6	0:36
00 3	0.49	2:08	4:21	1	-	5	0:14	1.47	6:28	4:23	1	-	5	0:50
00 4	0.49	2:06	4:17	1	-	4	0:12	1.96	8:34	4:22	1	-	5	1:02
00 5	0.49	2:04	4:13	1	-	3	0:09	2.45	10:38	4:20	1	-	5	1:11
00 6	0.49	2:07	4:19	1	-	5	0:11	2.94	12:45	4:20	1	-	5	1:22
00 7	0.49	2:07	4:19	1	-	7	0:11	3.43	14:52	4:20	1	-	5	1:33
00 8	0.49	2:06	4:17	1	-	4	0:11	3.92	16:58	4:19	1	-	5	1:44
00 9	0.49	2:04	4:13	1	-	3	0:07	4.41	19:02	4:18	1	-	4	1:51
00 10	0.49	2:04	4:13	1	-	3	0:07	4.90	21:06	4:18	1	-	4	1:58
00 11	0.49	2:07	4:19	1	-	3	0:12	5.39	23:13	4:18	1	-	4	2:10
00 12	0.49	2:09	4:23	1	-	4	0:11	5.88	25:22	4:18	1	-	5	2:21
00 13	0.49	2:11	4:27	1	-	7	0:14	6.37	27:33	4:19	1	-	5	2:35
00 14	0.49	2:08	4:21	1	-	4	0:14	6.86	29:41	4:19	1	-	5	2:49
00 15	0.49	2:09	4:23	1	-	5	0:15	7.35	31:50	4:19	1	-	5	3:04
00 16	0.49	2:11	4:27	1	-	6	0:15	7.84	34:01	4:20	1	-	5	3:19
00 17	0.49	2:11	4:27	1	-	5	0:13	8.33	36:12	4:20	1	-	5	3:32
00 18	0.49	2:11	4:27	1	-	6	0:18	8.82	38:23	4:21	1	-	5	3:46
00 19	0.49	2:11	4:27	1	-	6	0:15	9.31	40:34	4:21	1	-	5	4:01
00 20	0.49	2:10	4:25	1	-	6	0:13	9.80	42:44	4:21	1	-	5	4:14
00 21	0.49	2:08	4:21	1	-	2	0:12	10.29	44:52	4:21	1	-	5	4:26
00 22	0.49	2:10	4:25	1	-	5	0:13	10.78	47:02	4:21	1	-	5	4:39
00 23	0.49	2:12	4:29	1	-	5	0:16	11.27	49:14	4:22	1	-	5	4:55
00 24	0.49	2:11	4:27	1	-	5	0:14	11.76	51:25	4:22	1	-	5	5:09
00 25	0.49	2:11	4:27	1	-	6	0:14	12.25	53:36	4:22	1	-	5	5:23
00 26	0.49	2:12	4:29	1	-	8	0:15	12.74	55:48	4:22	1	-	5	5:37
00 27	0.49	2:11	4:27	1	-	6	0:18	13.23	57:59	4:22	1	-	5	5:52
00 28	0.49	2:01	4:06	1	-	3	0:09	13.72	1:00:00	4:22	1	-	5	5:57