



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

Arnstadt / 15.01.2025

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Johannes Bähr

00: Langstrecke Arnstadt

00: 162

00: 0.49 km/00

Stundenlauf

0000:

Senioren M35 (35-39)

000: 59:42

00: 13.07 km/h

0000: 4:30 min/km

0: 27 (13.23 km)

00000/0: 7 (of 34)

00000: 2(of 3)

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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	2:17	4:39	2	0:04	11	0:28	0.49	2:17	4:39	2	0:04	11	0:28
00 2	0.49	2:12	4:29	2	0:16	10	0:17	0.98	4:29	4:34	2	0:20	9	0:45
00 3	0.49	2:09	4:23	2	0:07	7	0:15	1.47	6:38	4:30	2	0:27	8	1:00
00 4	0.49	2:13	4:31	2	0:11	9	0:19	1.96	8:51	4:30	2	0:38	9	1:19
00 5	0.49	2:12	4:29	2	0:09	11	0:17	2.45	11:03	4:30	2	0:47	9	1:36
00 6	0.49	2:13	4:31	2	0:08	9	0:17	2.94	13:16	4:30	2	0:55	9	1:53
00 7	0.49	2:13	4:31	2	0:09	10	0:17	3.43	15:29	4:30	2	1:04	9	2:10
00 8	0.49	2:15	4:35	2	0:12	12	0:20	3.92	17:44	4:31	2	1:16	9	2:30
00 9	0.49	2:14	4:33	2	0:12	8	0:17	4.41	19:58	4:31	2	1:28	9	2:47
00 10	0.49	2:13	4:31	2	0:07	9	0:16	4.90	22:11	4:31	2	1:35	9	3:03
00 11	0.49	2:16	4:37	2	0:09	7	0:21	5.39	24:27	4:32	2	1:44	9	3:24
00 12	0.49	2:16	4:37	2	0:03	10	0:18	5.88	26:43	4:32	2	1:47	10	3:42
00 13	0.49	2:15	4:35	2	0:12	10	0:18	6.37	28:58	4:32	2	1:59	9	4:00
00 14	0.49	2:12	4:29	2	0:07	6	0:18	6.86	31:10	4:32	2	2:06	9	4:18
00 15	0.49	2:10	4:25	2	0:05	6	0:16	7.35	33:20	4:32	2	2:11	9	4:34
00 16	0.49	2:12	4:29	2	0:08	7	0:16	7.84	35:32	4:31	2	2:19	9	4:50
00 17	0.49	2:11	4:27	2	0:04	5	0:13	8.33	37:43	4:31	2	2:23	8	5:03
00 18	0.49	2:11	4:27	2	0:04	6	0:18	8.82	39:54	4:31	2	2:27	7	5:17
00 19	0.49	2:10	4:25	2	0:04	5	0:14	9.31	42:04	4:31	2	2:31	7	5:31
00 20	0.49	2:09	4:23	2	0:03	5	0:12	9.80	44:13	4:30	2	2:34	7	5:43
00 21	0.49	2:13	4:31	2	0:05	6	0:17	10.29	46:26	4:30	2	2:39	7	6:00
00 22	0.49	2:13	4:31	2	0:05	6	0:16	10.78	48:39	4:30	2	2:44	7	6:16
00 23	0.49	2:13	4:31	2	0:06	6	0:17	11.27	50:52	4:30	2	2:50	7	6:33
00 24	0.49	2:17	4:39	2	0:11	10	0:20	11.76	53:09	4:31	2	3:01	7	6:53
00 25	0.49	2:15	4:35	2	0:09	9	0:18	12.25	55:24	4:31	2	3:10	7	7:11
00 26	0.49	2:11	4:27	2	0:06	7	0:14	12.74	57:35	4:31	2	3:16	7	7:24
00 27	0.49	2:07	4:19	2	0:01	4	0:14	13.23	59:42	4:30	2	3:17	7	7:35