



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

Arnstadt / 15.01.2025

0000

Sven Grunwald

000: 58:31

00: 114

00: 9.23 km/h

00: 0.49 km/00

0000: 6:17 min/km

Stundenlauf

0: 19 (9.31 km)

0000:

00000/0: 32 (of 34)

Senioren M35 (35-39)

00000: 3(of 3)

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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	3:13	6:33	3	1:00	34	1:24	0.49	3:13	6:33	3	1:00	34	1:24
00 2	0.49	3:04	6:15	3	1:08	31	1:09	0.98	6:17	6:24	3	2:08	34	2:33
00 3	0.49	2:57	6:01	3	0:55	31	1:03	1.47	9:14	6:16	3	3:03	31	3:36
00 4	0.49	3:03	6:13	3	1:01	31	1:09	1.96	12:17	6:16	3	4:04	31	4:45
00 5	0.49	3:05	6:17	3	1:02	31	1:10	2.45	15:22	6:16	3	5:06	31	5:55
00 6	0.49	3:08	6:23	3	1:03	32	1:12	2.94	18:30	6:17	3	6:09	31	7:07
00 7	0.49	3:04	6:15	3	1:00	31	1:08	3.43	21:34	6:17	3	7:09	31	8:15
00 8	0.49	3:07	6:21	3	1:04	32	1:12	3.92	24:41	6:17	3	8:13	31	9:27
00 9	0.49	3:15	6:37	3	1:13	32	1:18	4.41	27:56	6:20	3	9:26	32	10:45
00 10	0.49	3:16	6:40	3	1:10	32	1:19	4.90	31:12	6:22	3	10:36	32	12:04
00 11	0.49	3:15	6:37	3	1:08	32	1:20	5.39	34:27	6:23	3	11:44	32	13:24
00 12	0.49	3:12	6:31	3	0:59	32	1:14	5.88	37:39	6:24	3	12:43	32	14:38
00 13	0.49	3:09	6:25	3	1:06	32	1:12	6.37	40:48	6:24	3	13:49	32	15:50
00 14	0.49	3:08	6:23	3	1:03	32	1:14	6.86	43:56	6:24	3	14:52	32	17:04
00 15	0.49	3:02	6:11	3	0:57	31	1:08	7.35	46:58	6:23	3	15:49	32	18:12
00 16	0.49	3:02	6:11	3	0:58	30	1:06	7.84	50:00	6:22	3	16:47	32	19:18
00 17	0.49	2:53	5:53	3	0:46	26	0:55	8.33	52:53	6:20	3	17:33	32	20:13
00 18	0.49	2:46	5:38	3	0:39	24	0:53	8.82	55:39	6:18	3	18:12	32	21:02
00 19	0.49	2:52	5:51	3	0:46	25	0:56	9.31	58:31	6:17	3	18:58	32	21:58