



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

Arnstadt / 15.01.2025

0000

Tom Brück

00: Langstrecke Arnstadt

00: 106

00: 0.49 km/00

Stundenlauf

0000:

Senioren M40 (40-44)

000: 58:39

00: 13.30 km/h

0000: 4:16 min/km

0: 28 (13.72 km)

00000/0: 4 (of 34)

00000: 2(of 13)

0000

0000

000

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	1:52	3:48	2	0:03	2	0:03	0.49	1:52	3:48	2	0:03	2	0:03
00 2	0.49	2:02	4:08	2	0:07	3	0:07	0.98	3:54	3:58	2	0:10	2	0:10
00 3	0.49	2:05	4:15	2	0:11	3	0:11	1.47	5:59	4:04	2	0:21	2	0:21
00 4	0.49	2:06	4:17	2	0:12	4	0:12	1.96	8:05	4:07	2	0:33	2	0:33
00 5	0.49	2:05	4:15	3	0:10	5	0:10	2.45	10:10	4:08	2	0:43	2	0:43
00 6	0.49	2:06	4:17	2	0:10	4	0:10	2.94	12:16	4:10	2	0:53	2	0:53
00 7	0.49	2:04	4:13	2	0:08	3	0:08	3.43	14:20	4:10	2	1:01	2	1:01
00 8	0.49	2:06	4:17	2	0:11	4	0:11	3.92	16:26	4:11	2	1:12	2	1:12
00 9	0.49	2:05	4:15	2	0:08	5	0:08	4.41	18:31	4:11	2	1:20	3	1:20
00 10	0.49	2:02	4:08	2	0:05	2	0:05	4.90	20:33	4:11	2	1:25	2	1:25
00 11	0.49	2:07	4:19	2	0:12	3	0:12	5.39	22:40	4:12	2	1:37	2	1:37
00 12	0.49	2:08	4:21	2	0:10	2	0:10	5.88	24:48	4:13	2	1:47	2	1:47
00 13	0.49	2:06	4:17	2	0:09	4	0:09	6.37	26:54	4:13	2	1:56	2	1:56
00 14	0.49	2:09	4:23	2	0:15	5	0:15	6.86	29:03	4:14	2	2:11	2	2:11
00 15	0.49	2:05	4:15	2	0:11	3	0:11	7.35	31:08	4:14	2	2:22	2	2:22
00 16	0.49	2:06	4:17	3	0:10	5	0:10	7.84	33:14	4:14	2	2:32	3	2:32
00 17	0.49	2:07	4:19	2	0:09	3	0:09	8.33	35:21	4:14	2	2:41	3	2:41
00 18	0.49	2:07	4:19	3	0:14	4	0:14	8.82	37:28	4:14	2	2:51	3	2:51
00 19	0.49	2:05	4:15	2	0:09	2	0:09	9.31	39:33	4:14	2	3:00	2	3:00
00 20	0.49	2:07	4:19	2	0:10	4	0:10	9.80	41:40	4:15	2	3:10	3	3:10
00 21	0.49	2:08	4:21	2	0:12	2	0:12	10.29	43:48	4:15	2	3:22	3	3:22
00 22	0.49	2:07	4:19	2	0:10	3	0:10	10.78	45:55	4:15	2	3:32	3	3:32
00 23	0.49	2:07	4:19	2	0:11	3	0:11	11.27	48:02	4:15	2	3:43	3	3:43
00 24	0.49	2:07	4:19	2	0:10	4	0:10	11.76	50:09	4:15	2	3:53	4	3:53
00 25	0.49	2:06	4:17	2	0:09	3	0:09	12.25	52:15	4:15	2	4:02	4	4:02
00 26	0.49	2:10	4:25	3	0:12	6	0:13	12.74	54:25	4:16	2	4:14	4	4:14
00 27	0.49	2:08	4:21	2	0:12	5	0:15	13.23	56:33	4:16	2	4:26	4	4:26
00 28	0.49	2:06	4:17	2	0:10	4	0:14	13.72	58:39	4:16	2	4:36	4	4:36