



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

Arnstadt / 15.01.2025

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Wolfram Kneise

00: Langstrecke Arnstadt

00: 125

00: 0.49 km/00

Stundenlauf

0000:

Senioren M40 (40-44)

000: 59:33

00: 12.09 km/h

0000: 4:40 min/km

0: 26 (12.74 km)

00000/0: 12 (of 34)

00000: 4(of 13)

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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	2:17	4:39	5	0:28	11	0:28	0.49	2:17	4:39	5	0:28	11	0:28
00 2	0.49	2:11	4:27	3	0:16	8	0:16	0.98	4:28	4:33	3	0:44	8	0:44
00 3	0.49	2:10	4:25	3	0:16	8	0:16	1.47	6:38	4:30	3	1:00	8	1:00
00 4	0.49	2:13	4:31	3	0:19	9	0:19	1.96	8:51	4:30	3	1:19	9	1:19
00 5	0.49	2:12	4:29	4	0:17	11	0:17	2.45	11:03	4:30	3	1:36	9	1:36
00 6	0.49	2:13	4:31	3	0:17	9	0:17	2.94	13:16	4:30	3	1:53	9	1:53
00 7	0.49	2:14	4:33	4	0:18	11	0:18	3.43	15:30	4:31	3	2:11	10	2:11
00 8	0.49	2:14	4:33	4	0:19	11	0:19	3.92	17:44	4:31	3	2:30	9	2:30
00 9	0.49	2:14	4:33	3	0:17	8	0:17	4.41	19:58	4:31	3	2:47	9	2:47
00 10	0.49	2:13	4:31	4	0:16	9	0:16	4.90	22:11	4:31	3	3:03	9	3:03
00 11	0.49	2:16	4:37	3	0:21	7	0:21	5.39	24:27	4:32	3	3:24	9	3:24
00 12	0.49	2:15	4:35	3	0:17	9	0:17	5.88	26:42	4:32	3	3:41	9	3:41
00 13	0.49	2:17	4:39	4	0:20	12	0:20	6.37	28:59	4:32	3	4:01	10	4:01
00 14	0.49	2:20	4:45	4	0:26	11	0:26	6.86	31:19	4:33	3	4:27	10	4:27
00 15	0.49	2:22	4:49	4	0:28	12	0:28	7.35	33:41	4:34	3	4:55	10	4:55
00 16	0.49	2:20	4:45	5	0:24	13	0:24	7.84	36:01	4:35	3	5:19	10	5:19
00 17	0.49	2:20	4:45	4	0:22	11	0:22	8.33	38:21	4:36	3	5:41	10	5:41
00 18	0.49	2:22	4:49	5	0:29	13	0:29	8.82	40:43	4:36	3	6:06	10	6:06
00 19	0.49	2:21	4:47	4	0:25	11	0:25	9.31	43:04	4:37	3	6:31	10	6:31
00 20	0.49	2:19	4:43	4	0:22	10	0:22	9.80	45:23	4:37	3	6:53	10	6:53
00 21	0.49	2:26	4:57	4	0:30	14	0:30	10.29	47:49	4:38	3	7:23	10	7:23
00 22	0.49	2:24	4:53	4	0:27	13	0:27	10.78	50:13	4:39	3	7:50	10	7:50
00 23	0.49	2:24	4:53	4	0:28	13	0:28	11.27	52:37	4:40	3	8:18	10	8:18
00 24	0.49	2:22	4:49	5	0:25	12	0:25	11.76	54:59	4:40	3	8:43	10	8:43
00 25	0.49	2:20	4:45	4	0:23	11	0:23	12.25	57:19	4:40	4	9:06	11	9:06
00 26	0.49	2:14	4:33	4	0:16	10	0:17	12.74	59:33	4:40	4	9:22	12	9:22