



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

Arnstadt / 15.01.2025

0000

Sebastian Petermann

000: 58:16

00: Kesselbrunn Runners

00: 11.33 km/h

00: 132

0000: 4:57 min/km

00: 0.49 km/00

0: 24 (11.76 km)

Stundenlauf

00000/0: 15 (of 34)

0000:

00000: 5(of 13)

Senioren M40 (40-44)

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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	2:19	4:43	6	0:30	14	0:30	0.49	2:19	4:43	6	0:30	14	0:30
00 2	0.49	2:13	4:31	4	0:18	11	0:18	0.98	4:32	4:37	4	0:48	11	0:48
00 3	0.49	2:16	4:37	4	0:22	11	0:22	1.47	6:48	4:37	4	1:10	11	1:10
00 4	0.49	2:17	4:39	4	0:23	12	0:23	1.96	9:05	4:38	4	1:33	11	1:33
00 5	0.49	2:22	4:49	7	0:27	17	0:27	2.45	11:27	4:40	4	2:00	12	2:00
00 6	0.49	2:25	4:55	6	0:29	17	0:29	2.94	13:52	4:42	4	2:29	13	2:29
00 7	0.49	2:29	5:04	8	0:33	21	0:33	3.43	16:21	4:46	5	3:02	14	3:02
00 8	0.49	2:27	5:00	6	0:32	18	0:32	3.92	18:48	4:47	5	3:34	15	3:34
00 9	0.49	2:25	4:55	5	0:28	14	0:28	4.41	21:13	4:48	5	4:02	15	4:02
00 10	0.49	2:27	5:00	6	0:30	17	0:30	4.90	23:40	4:49	5	4:32	15	4:32
00 11	0.49	2:27	5:00	5	0:32	15	0:32	5.39	26:07	4:50	5	5:04	15	5:04
00 12	0.49	2:28	5:02	6	0:30	18	0:30	5.88	28:35	4:51	5	5:34	15	5:34
00 13	0.49	2:29	5:04	7	0:32	19	0:32	6.37	31:04	4:52	5	6:06	15	6:06
00 14	0.49	2:31	5:08	6	0:37	17	0:37	6.86	33:35	4:53	5	6:43	15	6:43
00 15	0.49	2:32	5:10	6	0:38	17	0:38	7.35	36:07	4:54	5	7:21	15	7:21
00 16	0.49	2:28	5:02	6	0:32	15	0:32	7.84	38:35	4:55	5	7:53	15	7:53
00 17	0.49	2:29	5:04	6	0:31	16	0:31	8.33	41:04	4:55	5	8:24	15	8:24
00 18	0.49	2:30	5:06	7	0:37	17	0:37	8.82	43:34	4:56	5	8:57	15	8:57
00 19	0.49	2:28	5:02	6	0:32	16	0:32	9.31	46:02	4:56	5	9:29	15	9:29
00 20	0.49	2:33	5:12	6	0:36	17	0:36	9.80	48:35	4:57	5	10:05	15	10:05
00 21	0.49	2:29	5:04	5	0:33	15	0:33	10.29	51:04	4:57	5	10:38	15	10:38
00 22	0.49	2:26	4:57	5	0:29	14	0:29	10.78	53:30	4:57	5	11:07	15	11:07
00 23	0.49	2:25	4:55	5	0:29	14	0:29	11.27	55:55	4:57	5	11:36	15	11:36
00 24	0.49	2:21	4:47	4	0:24	11	0:24	11.76	58:16	4:57	5	12:00	15	12:00