



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

Arnstadt / 15.01.2025

0000

Jens Reißland

000: 58:09

00: 136

00: 11.35 km/h

00: 0.49 km/00

0000: 5:09 min/km

Stundenlauf

0: 23 (11.27 km)

0000:

00000/0: 18 (of 34)

Senioren M40 (40-44)

00000: 7(of 13)

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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	2:25	4:55	10	0:36	22	0:36	0.49	2:25	4:55	10	0:36	22	0:36
00 2	0.49	2:23	4:51	8	0:28	20	0:28	0.98	4:48	4:53	9	1:04	21	1:04
00 3	0.49	2:25	4:55	7	0:31	18	0:31	1.47	7:13	4:54	8	1:35	20	1:35
00 4	0.49	2:24	4:53	7	0:30	18	0:30	1.96	9:37	4:54	7	2:05	19	2:05
00 5	0.49	2:29	5:04	8	0:34	20	0:34	2.45	12:06	4:56	7	2:39	19	2:39
00 6	0.49	2:27	5:00	7	0:31	18	0:31	2.94	14:33	4:56	7	3:10	19	3:10
00 7	0.49	2:27	5:00	7	0:31	19	0:31	3.43	17:00	4:57	7	3:41	18	3:41
00 8	0.49	2:27	5:00	6	0:32	18	0:32	3.92	19:27	4:57	7	4:13	18	4:13
00 9	0.49	2:29	5:04	7	0:32	18	0:32	4.41	21:56	4:58	7	4:45	18	4:45
00 10	0.49	2:31	5:08	8	0:34	21	0:34	4.90	24:27	4:59	7	5:19	18	5:19
00 11	0.49	2:31	5:08	7	0:36	18	0:36	5.39	26:58	5:00	7	5:55	18	5:55
00 12	0.49	2:30	5:06	8	0:32	20	0:32	5.88	29:28	5:00	7	6:27	18	6:27
00 13	0.49	2:34	5:14	8	0:37	22	0:37	6.37	32:02	5:01	8	7:04	20	7:04
00 14	0.49	2:35	5:16	7	0:41	18	0:41	6.86	34:37	5:02	7	7:45	18	7:45
00 15	0.49	2:33	5:12	7	0:39	18	0:39	7.35	37:10	5:03	7	8:24	18	8:24
00 16	0.49	2:36	5:18	8	0:40	19	0:40	7.84	39:46	5:04	7	9:04	18	9:04
00 17	0.49	2:38	5:22	7	0:40	19	0:40	8.33	42:24	5:05	7	9:44	18	9:44
00 18	0.49	2:38	5:22	9	0:45	22	0:45	8.82	45:02	5:06	8	10:25	19	10:25
00 19	0.49	2:40	5:26	9	0:44	20	0:44	9.31	47:42	5:07	8	11:09	19	11:09
00 20	0.49	2:39	5:24	8	0:42	20	0:42	9.80	50:21	5:08	8	11:51	19	11:51
00 21	0.49	2:40	5:26	8	0:44	19	0:44	10.29	53:01	5:09	8	12:35	19	12:35
00 22	0.49	2:37	5:20	7	0:40	18	0:40	10.78	55:38	5:09	7	13:15	18	13:15
00 23	0.49	2:31	5:08	7	0:35	17	0:35	11.27	58:09	5:09	7	13:50	18	13:50