



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

Arnstadt / 15.01.2025

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Denny Trefflich

00: VfB Torpedo Ichtershausen e.V.

00: 152

00: 0.49 km/00

Stundenlauf

0000:

Senioren M40 (40-44)

000: 58:41

00: 11.25 km/h

0000: 5:12 min/km

0: 23 (11.27 km)

00000/0: 19 (of 34)

00000: 8(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	2:53	5:53	13	1:04	29	1:04	0.49	2:53	5:53	13	1:04	29	1:04
00 2	0.49	2:55	5:57	12	1:00	29	1:00	0.98	5:48	5:55	13	2:04	29	2:04
00 3	0.49	2:54	5:55	12	1:00	28	1:00	1.47	8:42	5:55	12	3:04	28	3:04
00 4	0.49	2:25	4:55	8	0:31	19	0:31	1.96	11:07	5:40	11	3:35	25	3:35
00 5	0.49	2:04	4:13	2	0:09	3	0:09	2.45	13:11	5:22	11	3:44	25	3:44
00 6	0.49	2:39	5:24	10	0:43	23	0:43	2.94	15:50	5:23	11	4:27	25	4:27
00 7	0.49	2:05	4:15	3	0:09	5	0:09	3.43	17:55	5:13	10	4:36	23	4:36
00 8	0.49	2:12	4:29	3	0:17	8	0:17	3.92	20:07	5:07	9	4:53	22	4:53
00 9	0.49	2:38	5:22	8	0:41	22	0:41	4.41	22:45	5:09	9	5:34	22	5:34
00 10	0.49	2:09	4:23	3	0:12	7	0:12	4.90	24:54	5:04	8	5:46	21	5:46
00 11	0.49	2:32	5:10	8	0:37	20	0:37	5.39	27:26	5:05	8	6:23	21	6:23
00 12	0.49	2:16	4:37	4	0:18	10	0:18	5.88	29:42	5:03	8	6:41	20	6:41
00 13	0.49	2:08	4:21	3	0:11	5	0:11	6.37	31:50	4:59	7	6:52	18	6:52
00 14	0.49	3:03	6:13	12	1:09	30	1:09	6.86	34:53	5:05	8	8:01	20	8:01
00 15	0.49	2:55	5:57	11	1:01	25	1:01	7.35	37:48	5:08	8	9:02	21	9:02
00 16	0.49	2:03	4:11	2	0:07	2	0:07	7.84	39:51	5:04	8	9:09	19	9:09
00 17	0.49	2:49	5:44	10	0:51	23	0:51	8.33	42:40	5:07	8	10:00	20	10:00
00 18	0.49	1:53	3:50	1	-	1	-	8.82	44:33	5:03	7	9:56	18	9:56
00 19	0.49	2:26	4:57	5	0:30	15	0:30	9.31	46:59	5:02	7	10:26	18	10:26
00 20	0.49	2:41	5:28	9	0:44	21	0:44	9.80	49:40	5:04	7	11:10	18	11:10
00 21	0.49	3:00	6:07	12	1:04	27	1:04	10.29	52:40	5:07	7	12:14	18	12:14
00 22	0.49	3:01	6:09	10	1:04	24	1:04	10.78	55:41	5:09	8	13:18	19	13:18
00 23	0.49	3:00	6:07	9	1:04	22	1:04	11.27	58:41	5:12	8	14:22	19	14:22