



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

Arnstadt / 15.01.2025

0000

Sebastian Ernemann

000: 59:39

00: 109

00: 10.06 km/h

00: 0.49 km/00

0000: 5:32 min/km

Stundenlauf

0: 22 (10.78 km)

0000:

00000/0: 24 (of 34)

Senioren M40 (40-44)

00000: 10(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	2:34	5:14	11	0:45	25	0:45	0.49	2:34	5:14	11	0:45	25	0:45
00 2	0.49	2:34	5:14	10	0:39	23	0:39	0.98	5:08	5:14	10	1:24	24	1:24
00 3	0.49	2:38	5:22	10	0:44	24	0:44	1.47	7:46	5:17	10	2:08	24	2:08
00 4	0.49	2:40	5:26	11	0:46	25	0:46	1.96	10:26	5:19	10	2:54	24	2:54
00 5	0.49	2:43	5:32	11	0:48	26	0:48	2.45	13:09	5:22	10	3:42	24	3:42
00 6	0.49	2:40	5:26	11	0:44	25	0:44	2.94	15:49	5:22	10	4:26	24	4:26
00 7	0.49	2:44	5:34	10	0:48	24	0:48	3.43	18:33	5:24	11	5:14	26	5:14
00 8	0.49	2:42	5:30	10	0:47	24	0:47	3.92	21:15	5:25	11	6:01	26	6:01
00 9	0.49	2:47	5:40	10	0:50	24	0:50	4.41	24:02	5:26	11	6:51	26	6:51
00 10	0.49	2:46	5:38	10	0:49	25	0:49	4.90	26:48	5:28	11	7:40	25	7:40
00 11	0.49	2:46	5:38	10	0:51	24	0:51	5.39	29:34	5:29	11	8:31	25	8:31
00 12	0.49	2:45	5:36	10	0:47	24	0:47	5.88	32:19	5:29	11	9:18	25	9:18
00 13	0.49	2:46	5:38	10	0:49	24	0:49	6.37	35:05	5:30	11	10:07	25	10:07
00 14	0.49	2:44	5:34	9	0:50	22	0:50	6.86	37:49	5:30	10	10:57	24	10:57
00 15	0.49	2:47	5:40	9	0:53	22	0:53	7.35	40:36	5:31	10	11:50	24	11:50
00 16	0.49	2:45	5:36	10	0:49	23	0:49	7.84	43:21	5:31	10	12:39	24	12:39
00 17	0.49	2:44	5:34	9	0:46	22	0:46	8.33	46:05	5:31	10	13:25	24	13:25
00 18	0.49	2:42	5:30	10	0:49	23	0:49	8.82	48:47	5:31	10	14:10	24	14:10
00 19	0.49	2:43	5:32	10	0:47	22	0:47	9.31	51:30	5:31	10	14:57	24	14:57
00 20	0.49	2:42	5:30	10	0:45	22	0:45	9.80	54:12	5:31	10	15:42	24	15:42
00 21	0.49	2:45	5:36	9	0:49	21	0:49	10.29	56:57	5:32	10	16:31	24	16:31
00 22	0.49	2:42	5:30	9	0:45	20	0:45	10.78	59:39	5:32	10	17:16	24	17:16