



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

Arnstadt / 15.01.2025

0000

Michael Mlinarsky

000: 59:21

00: 130

00: 14.15 km/h

00: 0.49 km/00

0000: 4:10 min/km

Stundenlauf

00: 29 (14.21 km)

0000:

00000/00: 2 (of 34)

Senioren M45 (45-49)

00000: 1(of 3)

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000	00 km	00 00 min/km	00 -	00 -	00 0	00 0	000 km	000 00 min/km	00 -	00 -	00 0	00 0		
00 1	0.49	2:18	4:41	2	0:04	13	0:29	0.49	2:18	4:41	2	0:04	13	0:29
00 2	0.49	2:11	4:27	2	0:04	8	0:16	0.98	4:29	4:34	2	0:08	9	0:45
00 3	0.49	2:10	4:25	2	0:02	8	0:16	1.47	6:39	4:31	2	0:10	10	1:01
00 4	0.49	2:01	4:06	1	-	2	0:07	1.96	8:40	4:25	2	0:05	7	1:08
00 5	0.49	2:10	4:25	1	-	8	0:15	2.45	10:50	4:25	2	0:04	7	1:23
00 6	0.49	2:01	4:06	1	-	2	0:05	2.94	12:51	4:22	1	-	6	1:28
00 7	0.49	2:02	4:08	1	-	2	0:06	3.43	14:53	4:20	1	-	6	1:34
00 8	0.49	2:05	4:15	1	-	3	0:10	3.92	16:58	4:19	1	-	5	1:44
00 9	0.49	2:04	4:13	1	-	3	0:07	4.41	19:02	4:18	1	-	4	1:51
00 10	0.49	2:05	4:15	1	-	4	0:08	4.90	21:07	4:18	1	-	5	1:59
00 11	0.49	2:06	4:17	1	-	2	0:11	5.39	23:13	4:18	1	-	4	2:10
00 12	0.49	2:08	4:21	1	-	2	0:10	5.88	25:21	4:18	1	-	4	2:20
00 13	0.49	2:02	4:08	1	-	2	0:05	6.37	27:23	4:17	1	-	4	2:25
00 14	0.49	2:00	4:04	1	-	2	0:06	6.86	29:23	4:16	1	-	4	2:31
00 15	0.49	2:02	4:08	1	-	2	0:08	7.35	31:25	4:16	1	-	4	2:39
00 16	0.49	2:03	4:11	1	-	2	0:07	7.84	33:28	4:16	1	-	4	2:46
00 17	0.49	2:03	4:11	1	-	2	0:05	8.33	35:31	4:15	1	-	4	2:51
00 18	0.49	1:58	4:00	1	-	3	0:05	8.82	37:29	4:14	1	-	4	2:52
00 19	0.49	2:05	4:15	1	-	2	0:09	9.31	39:34	4:14	1	-	4	3:01
00 20	0.49	2:06	4:17	1	-	2	0:09	9.80	41:40	4:15	1	-	3	3:10
00 21	0.49	2:08	4:21	1	-	2	0:12	10.29	43:48	4:15	1	-	3	3:22
00 22	0.49	2:03	4:11	1	-	2	0:06	10.78	45:51	4:15	1	-	2	3:28
00 23	0.49	1:57	3:58	1	-	2	0:01	11.27	47:48	4:14	1	-	2	3:29
00 24	0.49	2:00	4:04	1	-	2	0:03	11.76	49:48	4:14	1	-	2	3:32
00 25	0.49	2:00	4:04	1	-	2	0:03	12.25	51:48	4:13	1	-	2	3:35
00 26	0.49	1:57	3:58	1	-	1	-	12.74	53:45	4:13	1	-	2	3:34
00 27	0.49	1:53	3:50	1	-	1	-	13.23	55:38	4:12	1	-	2	3:31
00 28	0.49	1:52	3:48	1	-	1	-	13.72	57:30	4:11	1	-	2	3:27
00 29	0.49	1:51	3:46	1	-	1	-	14.21	59:21	4:10	1	-	2	3:20