



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

Arnstadt / 15.01.2025

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Matthias Haupt

00: Die Bügeleisenbande

00: 116

00: 0.49 km/00

Stundenlauf

0000:

Senioren M45 (45-49)

000: 58:18

00: 9.26 km/h

0000: 5:56 min/km

0: 20 (9.8 km)

00000/0: 29 (of 34)

00000: 3(of 3)

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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	2:48	5:42	3	0:34	27	0:59	0.49	2:48	5:42	3	0:34	27	0:59
00 2	0.49	2:44	5:34	3	0:37	26	0:49	0.98	5:32	5:38	3	1:11	27	1:48
00 3	0.49	2:48	5:42	3	0:40	25	0:54	1.47	8:20	5:40	3	1:51	25	2:42
00 4	0.49	2:50	5:46	3	0:49	28	0:56	1.96	11:10	5:41	3	2:35	27	3:38
00 5	0.49	2:51	5:48	3	0:41	28	0:56	2.45	14:01	5:43	3	3:15	27	4:34
00 6	0.49	2:50	5:46	3	0:49	27	0:54	2.94	16:51	5:43	3	4:00	27	5:28
00 7	0.49	2:51	5:48	3	0:49	28	0:55	3.43	19:42	5:44	3	4:49	28	6:23
00 8	0.49	2:52	5:51	3	0:47	28	0:57	3.92	22:34	5:45	3	5:36	28	7:20
00 9	0.49	2:53	5:53	3	0:49	29	0:56	4.41	25:27	5:46	3	6:25	29	8:16
00 10	0.49	2:53	5:53	3	0:48	27	0:56	4.90	28:20	5:46	3	7:13	28	9:12
00 11	0.49	2:55	5:57	3	0:49	29	1:00	5.39	31:15	5:47	3	8:02	28	10:12
00 12	0.49	2:57	6:01	3	0:49	28	0:59	5.88	34:12	5:48	3	8:51	28	11:11
00 13	0.49	2:55	5:57	3	0:53	28	0:58	6.37	37:07	5:49	3	9:44	29	12:09
00 14	0.49	2:56	5:59	3	0:56	26	1:02	6.86	40:03	5:50	3	10:40	29	13:11
00 15	0.49	2:57	6:01	3	0:55	28	1:03	7.35	43:00	5:51	3	11:35	29	14:14
00 16	0.49	3:01	6:09	3	0:58	28	1:05	7.84	46:01	5:52	3	12:33	29	15:19
00 17	0.49	3:05	6:17	3	1:02	32	1:07	8.33	49:06	5:53	3	13:35	29	16:26
00 18	0.49	3:04	6:15	3	1:06	31	1:11	8.82	52:10	5:54	3	14:41	29	17:33
00 19	0.49	3:07	6:21	3	1:02	31	1:11	9.31	55:17	5:56	3	15:43	29	18:44
00 20	0.49	3:01	6:09	3	0:55	30	1:04	9.80	58:18	5:56	3	16:38	29	19:48