



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

Arnstadt / 15.01.2025

0000

Arvid Senglaub

00: MGE

00: 146

00: 0.49 km/00

Stundenlauf

0000:

Senioren M50 (50-54)

000: 58:12

00: 12.37 km/h

0000: 4:34 min/km

0: 26 (12.74 km)

00000/0: 8 (of 34)

00000: 2(of 5)

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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	2:11	4:27	2	0:02	6	0:22	0.49	2:11	4:27	2	0:02	6	0:22
00 2	0.49	2:06	4:17	2	0:03	5	0:11	0.98	4:17	4:22	2	0:05	5	0:33
00 3	0.49	2:11	4:27	2	0:06	10	0:17	1.47	6:28	4:23	2	0:11	5	0:50
00 4	0.49	2:12	4:29	2	0:05	8	0:18	1.96	8:40	4:25	2	0:16	7	1:08
00 5	0.49	2:10	4:25	3	0:05	8	0:15	2.45	10:50	4:25	2	0:19	7	1:23
00 6	0.49	2:11	4:27	2	0:03	8	0:15	2.94	13:01	4:25	2	0:22	8	1:38
00 7	0.49	2:14	4:33	3	0:08	11	0:18	3.43	15:15	4:26	2	0:27	8	1:56
00 8	0.49	2:12	4:29	2	0:04	8	0:17	3.92	17:27	4:27	2	0:31	8	2:13
00 9	0.49	2:13	4:31	2	0:07	7	0:16	4.41	19:40	4:27	2	0:38	8	2:29
00 10	0.49	2:15	4:35	3	0:10	12	0:18	4.90	21:55	4:28	2	0:48	8	2:47
00 11	0.49	2:19	4:43	3	0:08	11	0:24	5.39	24:14	4:29	2	0:56	8	3:11
00 12	0.49	2:13	4:31	2	0:01	6	0:15	5.88	26:27	4:29	2	0:57	8	3:26
00 13	0.49	2:14	4:33	2	0:06	8	0:17	6.37	28:41	4:30	2	0:57	8	3:43
00 14	0.49	2:17	4:39	2	0:02	9	0:23	6.86	30:58	4:30	2	0:59	8	4:06
00 15	0.49	2:14	4:33	2	0:01	8	0:20	7.35	33:12	4:31	2	1:00	7	4:26
00 16	0.49	2:14	4:33	2	0:02	9	0:18	7.84	35:26	4:31	2	1:02	7	4:44
00 17	0.49	2:16	4:37	2	0:04	8	0:18	8.33	37:42	4:31	2	1:06	7	5:02
00 18	0.49	2:18	4:41	2	0:06	10	0:25	8.82	40:00	4:32	2	1:12	8	5:23
00 19	0.49	2:17	4:39	2	0:05	9	0:21	9.31	42:17	4:32	2	1:17	8	5:44
00 20	0.49	2:15	4:35	2	0:03	8	0:18	9.80	44:32	4:32	2	1:20	8	6:02
00 21	0.49	2:19	4:43	2	0:06	9	0:23	10.29	46:51	4:33	2	1:26	8	6:25
00 22	0.49	2:19	4:43	2	0:05	9	0:22	10.78	49:10	4:33	2	1:31	8	6:47
00 23	0.49	2:18	4:41	2	0:04	9	0:22	11.27	51:28	4:34	2	1:35	8	7:09
00 24	0.49	2:15	4:35	2	0:01	8	0:18	11.76	53:43	4:34	2	1:36	8	7:27
00 25	0.49	2:10	4:25	1	-	5	0:13	12.25	55:53	4:33	2	1:31	8	7:40
00 26	0.49	2:19	4:43	3	0:10	11	0:22	12.74	58:12	4:34	2	1:37	8	8:01