



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

Arnstadt / 15.01.2025

0000

Jens Schmidt

000: 59:28

00: 140

00: 12.11 km/h

00: 0.49 km/00

0000: 4:40 min/km

Stundenlauf

0: 26 (12.74 km)

0000:

00000/0: 11 (of 34)

Senioren M50 (50-54)

00000: 3(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	2:21	4:47	3	0:12	17	0:32	0.49	2:21	4:47	3	0:12	17	0:32
00 2	0.49	2:13	4:31	3	0:10	11	0:18	0.98	4:34	4:39	3	0:22	14	0:50
00 3	0.49	2:16	4:37	3	0:11	11	0:22	1.47	6:50	4:38	3	0:33	13	1:12
00 4	0.49	2:16	4:37	3	0:09	11	0:22	1.96	9:06	4:38	3	0:42	12	1:34
00 5	0.49	2:17	4:39	4	0:12	13	0:22	2.45	11:23	4:38	3	0:52	11	1:56
00 6	0.49	2:18	4:41	3	0:10	11	0:22	2.94	13:41	4:39	3	1:02	11	2:18
00 7	0.49	2:17	4:39	4	0:11	14	0:21	3.43	15:58	4:39	3	1:10	11	2:39
00 8	0.49	2:17	4:39	4	0:09	13	0:22	3.92	18:15	4:39	3	1:19	11	3:01
00 9	0.49	2:17	4:39	3	0:11	11	0:20	4.41	20:32	4:39	3	1:30	11	3:21
00 10	0.49	2:16	4:37	4	0:11	13	0:19	4.90	22:48	4:39	3	1:41	11	3:40
00 11	0.49	2:16	4:37	2	0:05	7	0:21	5.39	25:04	4:39	3	1:46	11	4:01
00 12	0.49	2:17	4:39	4	0:05	12	0:19	5.88	27:21	4:39	3	1:51	11	4:20
00 13	0.49	2:19	4:43	4	0:11	14	0:22	6.37	29:40	4:39	3	1:56	11	4:42
00 14	0.49	2:19	4:43	3	0:04	10	0:25	6.86	31:59	4:39	3	2:00	11	5:07
00 15	0.49	2:19	4:43	3	0:06	10	0:25	7.35	34:18	4:39	3	2:06	11	5:32
00 16	0.49	2:19	4:43	3	0:07	12	0:23	7.84	36:37	4:40	3	2:13	11	5:55
00 17	0.49	2:20	4:45	3	0:08	11	0:22	8.33	38:57	4:40	3	2:21	11	6:17
00 18	0.49	2:18	4:41	2	0:06	10	0:25	8.82	41:15	4:40	3	2:27	11	6:38
00 19	0.49	2:19	4:43	3	0:07	10	0:23	9.31	43:34	4:40	3	2:34	11	7:01
00 20	0.49	2:19	4:43	3	0:07	10	0:22	9.80	45:53	4:40	3	2:41	11	7:23
00 21	0.49	2:20	4:45	3	0:07	10	0:24	10.29	48:13	4:41	3	2:48	11	7:47
00 22	0.49	2:19	4:43	2	0:05	9	0:22	10.78	50:32	4:41	3	2:53	11	8:09
00 23	0.49	2:18	4:41	2	0:04	9	0:22	11.27	52:50	4:41	3	2:57	11	8:31
00 24	0.49	2:16	4:37	3	0:02	9	0:19	11.76	55:06	4:41	3	2:59	12	8:50
00 25	0.49	2:13	4:31	2	0:03	8	0:16	12.25	57:19	4:40	3	2:57	11	9:06
00 26	0.49	2:09	4:23	1	-	5	0:12	12.74	59:28	4:40	3	2:53	11	9:17