



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

Arnstadt / 15.01.2025

0000

Thorsten Seever

000: 58:56

00: 144

00: 11.20 km/h

00: 0.49 km/00

0000: 5:13 min/km

Stundenlauf

0: 23 (11.27 km)

0000:

00000/0: 20 (of 34)

Senioren M50 (50-54)

00000: 4(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	2:22	4:49	4	0:19	17	0:27	0.98	4:43	4:48	4	0:31	19	0:59
00 3	0.49	2:25	4:55	4	0:20	18	0:31	1.47	7:08	4:51	4	0:51	19	1:30
00 4	0.49	2:26	4:57	5	0:19	21	0:32	1.96	9:34	4:52	4	1:10	18	2:02
00 5	0.49	2:30	5:06	5	0:25	22	0:35	2.45	12:04	4:55	4	1:33	18	2:37
00 6	0.49	2:28	5:02	4	0:20	19	0:32	2.94	14:32	4:56	4	1:53	18	3:09
00 7	0.49	2:32	5:10	5	0:26	22	0:36	3.43	17:04	4:58	4	2:16	19	3:45
00 8	0.49	2:31	5:08	5	0:23	21	0:36	3.92	19:35	4:59	4	2:39	19	4:21
00 9	0.49	2:30	5:06	4	0:24	19	0:33	4.41	22:05	5:00	4	3:03	19	4:54
00 10	0.49	2:28	5:02	5	0:23	19	0:31	4.90	24:33	5:00	4	3:26	19	5:25
00 11	0.49	2:34	5:14	4	0:23	21	0:39	5.39	27:07	5:01	4	3:49	19	6:04
00 12	0.49	2:32	5:10	5	0:20	21	0:34	5.88	29:39	5:02	4	4:09	19	6:38
00 13	0.49	2:33	5:12	5	0:25	20	0:36	6.37	32:12	5:03	5	4:28	21	7:14
00 14	0.49	2:35	5:16	4	0:20	18	0:41	6.86	34:47	5:04	4	4:48	19	7:55
00 15	0.49	2:34	5:14	4	0:21	19	0:40	7.35	37:21	5:04	4	5:09	19	8:35
00 16	0.49	2:38	5:22	4	0:26	20	0:42	7.84	39:59	5:05	4	5:35	20	9:17
00 17	0.49	2:32	5:10	4	0:20	17	0:34	8.33	42:31	5:06	4	5:55	19	9:51
00 18	0.49	2:35	5:16	4	0:23	19	0:42	8.82	45:06	5:06	4	6:18	20	10:29
00 19	0.49	2:43	5:32	4	0:31	22	0:47	9.31	47:49	5:08	4	6:49	20	11:16
00 20	0.49	2:47	5:40	4	0:35	23	0:50	9.80	50:36	5:09	4	7:24	20	12:06
00 21	0.49	2:47	5:40	4	0:34	23	0:51	10.29	53:23	5:11	4	7:58	20	12:57
00 22	0.49	2:50	5:46	4	0:36	22	0:53	10.78	56:13	5:12	4	8:34	20	13:50
00 23	0.49	2:43	5:32	4	0:29	21	0:47	11.27	58:56	5:13	4	9:03	20	14:37