



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

Arnstadt / 15.01.2025

0000

Frank Schirwinski

000: 58:59

00: 139

00: 11.19 km/h

00: 0.49 km/00

0000: 5:14 min/km

Stundenlauf

00: 23 (11.27 km)

0000:

00000/00: 21 (of 34)

Senioren M60 (60-64)

00000: 1(of 2)

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
00 1	0.49	2:27	5:00	2	0:01	24	0:38	0.49	2:27	5:00	2	0:01	24	0:38	
00 2	0.49	2:27	5:00	1	-	22	0:32	0.98	4:54	5:00	1	-	22	1:10	
00 3	0.49	2:29	5:04	1	-	21	0:35	1.47	7:23	5:01	1	-	22	1:45	
00 4	0.49	2:30	5:06	1	-	22	0:36	1.96	9:53	5:02	1	-	22	2:21	
00 5	0.49	2:29	5:04	1	-	20	0:34	2.45	12:22	5:02	1	-	22	2:55	
00 6	0.49	2:29	5:04	1	-	20	0:33	2.94	14:51	5:03	1	-	22	3:28	
00 7	0.49	2:24	4:53	1	-	18	0:28	3.43	17:15	5:01	1	-	20	3:56	
00 8	0.49	2:31	5:08	1	-	21	0:36	3.92	19:46	5:02	1	-	20	4:32	
00 9	0.49	2:30	5:06	1	-	19	0:33	4.41	22:16	5:02	1	-	20	5:05	
00 10	0.49	2:32	5:10	1	-	22	0:35	4.90	24:48	5:03	1	-	20	5:40	
00 11	0.49	2:31	5:08	1	-	18	0:36	5.39	27:19	5:04	1	-	20	6:16	
00 12	0.49	2:34	5:14	1	-	22	0:36	5.88	29:53	5:04	1	-	22	6:52	
00 13	0.49	2:33	5:12	1	-	20	0:36	6.37	32:26	5:05	1	-	22	7:28	
00 14	0.49	2:35	5:16	1	-	18	0:41	6.86	35:01	5:06	1	-	22	8:09	
00 15	0.49	2:38	5:22	1	-	21	0:44	7.35	37:39	5:07	1	-	20	8:53	
00 16	0.49	2:40	5:26	1	-	22	0:44	7.84	40:19	5:08	1	-	21	9:37	
00 17	0.49	2:43	5:32	1	-	21	0:45	8.33	43:02	5:09	1	-	21	10:22	
00 18	0.49	2:37	5:20	1	-	21	0:44	8.82	45:39	5:10	1	-	21	11:02	
00 19	0.49	2:41	5:28	1	-	21	0:45	9.31	48:20	5:11	1	-	21	11:47	
00 20	0.49	2:37	5:20	1	-	19	0:40	9.80	50:57	5:11	1	-	21	12:27	
00 21	0.49	2:43	5:32	1	-	20	0:47	10.29	53:40	5:12	1	-	21	13:14	
00 22	0.49	2:42	5:30	1	-	20	0:45	10.78	56:22	5:13	1	-	21	13:59	
00 23	0.49	2:37	5:20	1	-	19	0:41	11.27	58:59	5:14	1	-	21	14:40	