



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

Arnstadt / 15.01.2025

0000

Klaus Göhring

000: 58:28

00: 112

00: 9.24 km/h

00: 0.49 km/00

0000: 5:57 min/km

Stundenlauf

0: 20 (9.8 km)

0000:

00000/0: 30 (of 34)

Senioren M65 (65-69)

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	2:56	5:59	1	-	31	1:07	0.49	2:56	5:59	1	-	31	1:07	
00 2	0.49	2:53	5:53	1	-	28	0:58	0.98	5:49	5:56	1	-	31	2:05	
00 3	0.49	2:54	5:55	1	-	28	1:00	1.47	8:43	5:55	1	-	30	3:05	
00 4	0.49	2:51	5:48	1	-	30	0:57	1.96	11:34	5:54	1	-	30	4:02	
00 5	0.49	2:53	5:53	1	-	30	0:58	2.45	14:27	5:53	1	-	30	5:00	
00 6	0.49	2:51	5:48	1	-	29	0:55	2.94	17:18	5:53	1	-	30	5:55	
00 7	0.49	2:51	5:48	1	-	28	0:55	3.43	20:09	5:52	1	-	30	6:50	
00 8	0.49	2:58	6:03	1	-	30	1:03	3.92	23:07	5:53	1	-	30	7:53	
00 9	0.49	2:52	5:51	1	-	27	0:55	4.41	25:59	5:53	1	-	30	8:48	
00 10	0.49	2:54	5:55	1	-	28	0:57	4.90	28:53	5:53	1	-	30	9:45	
00 11	0.49	2:51	5:48	1	-	26	0:56	5.39	31:44	5:53	1	-	30	10:41	
00 12	0.49	2:57	6:01	1	-	28	0:59	5.88	34:41	5:53	1	-	30	11:40	
00 13	0.49	2:55	5:57	1	-	28	0:58	6.37	37:36	5:54	1	-	30	12:38	
00 14	0.49	3:00	6:07	1	-	27	1:06	6.86	40:36	5:55	1	-	30	13:44	
00 15	0.49	2:59	6:05	1	-	29	1:05	7.35	43:35	5:55	1	-	30	14:49	
00 16	0.49	3:01	6:09	1	-	28	1:05	7.84	46:36	5:56	1	-	30	15:54	
00 17	0.49	3:00	6:07	1	-	30	1:02	8.33	49:36	5:57	1	-	30	16:56	
00 18	0.49	3:01	6:09	1	-	29	1:08	8.82	52:37	5:57	1	-	30	18:00	
00 19	0.49	3:00	6:07	1	-	28	1:04	9.31	55:37	5:58	1	-	30	19:04	
00 20	0.49	2:51	5:48	1	-	25	0:54	9.80	58:28	5:57	1	-	30	19:58	