



1. SPORTident Winter-Stundenlaufserie mit Musik (3. Lauf)

Arnstadt / 20.03.2024

0000

Andreas Fleck

00: Flutschfinger k.e.V.

00: 35

00: 0.35 km/00

Stundenlauf

0000:

Senioren M35 (35-39)

000: 58:56

00: 10.18 km/h

0000: 5:36 min/km

0: 30 (10.5 km)

00000/0: 25 (of 36)

00000: 5(of 7)

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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	0.35	2:03	5:51	6	0:46	31	0:58	0.35	2:03	5:51	6	0:46	31	0:58
00 2	0.35	1:59	5:40	6	0:38	31	0:46	0.70	4:02	5:45	6	1:24	32	1:44
00 3	0.35	1:57	5:34	6	0:32	29	0:40	1.05	5:59	5:41	6	1:56	31	2:24
00 4	0.35	1:58	5:37	6	0:34	30	0:41	1.40	7:57	5:40	6	2:30	31	3:05
00 5	0.35	1:54	5:25	6	0:30	27	0:36	1.75	9:51	5:37	6	3:00	30	3:41
00 6	0.35	1:54	5:25	6	0:30	27	0:35	2.10	11:45	5:35	6	3:30	30	4:16
00 7	0.35	1:54	5:25	5	0:29	26	0:34	2.45	13:39	5:34	6	3:59	28	4:50
00 8	0.35	1:56	5:31	6	0:33	29	0:36	2.80	15:35	5:33	6	4:32	28	5:26
00 9	0.35	1:57	5:34	6	0:29	27	0:37	3.15	17:32	5:33	6	5:01	28	6:03
00 10	0.35	1:53	5:22	4	0:28	24	0:33	3.50	19:25	5:32	6	5:29	28	6:36
00 11	0.35	1:58	5:37	5	0:33	26	0:38	3.85	21:23	5:33	6	6:02	28	7:14
00 12	0.35	1:58	5:37	5	0:33	26	0:40	4.20	23:21	5:33	6	6:35	28	7:54
00 13	0.35	1:58	5:37	5	0:33	27	0:38	4.55	25:19	5:33	6	7:08	28	8:32
00 14	0.35	1:57	5:34	5	0:32	26	0:38	4.90	27:16	5:33	6	7:40	28	9:10
00 15	0.35	1:57	5:34	5	0:32	25	0:36	5.25	29:13	5:33	6	8:12	28	9:46
00 16	0.35	1:56	5:31	5	0:33	26	0:36	5.60	31:09	5:33	6	8:45	29	10:22
00 17	0.35	1:57	5:34	5	0:32	26	0:36	5.95	33:06	5:33	6	9:17	28	10:58
00 18	0.35	2:01	5:45	5	0:29	26	0:42	6.30	35:07	5:34	6	9:44	28	11:40
00 19	0.35	2:02	5:48	5	0:31	27	0:41	6.65	37:09	5:35	6	10:13	28	12:21
00 20	0.35	2:06	6:00	5	0:39	28	0:46	7.00	39:15	5:36	6	10:52	27	13:07
00 21	0.35	2:00	5:42	5	0:32	25	0:39	7.35	41:15	5:36	6	11:24	27	13:46
00 22	0.35	2:03	5:51	5	0:32	25	0:42	7.70	43:18	5:37	6	11:56	27	14:28
00 23	0.35	1:59	5:40	5	0:31	25	0:37	8.05	45:17	5:37	5	12:27	25	15:05
00 24	0.35	2:02	5:48	5	0:32	25	0:40	8.40	47:19	5:37	5	12:59	25	15:45
00 25	0.35	2:05	5:57	5	0:36	26	0:43	8.75	49:24	5:38	5	13:35	25	16:28
00 26	0.35	2:09	6:08	5	0:40	28	0:48	9.10	51:33	5:39	5	14:15	25	17:16
00 27	0.35	1:56	5:31	5	0:27	24	0:33	9.45	53:29	5:39	5	14:42	25	17:49
00 28	0.35	1:52	5:20	4	0:24	22	0:28	9.80	55:21	5:38	5	15:06	25	18:17
00 29	0.35	1:48	5:08	4	0:20	18	0:26	10.15	57:09	5:37	5	15:26	25	18:43
00 30	0.35	1:47	5:05	4	0:19	19	0:25	10.50	58:56	5:36	5	15:45	25	19:08