



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

Arnstadt / 31.01.2024

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Nils Rutkowski

00: Blau-Weiss Meiningen

00: 24

00: 0.35 km/00

Halbstundenlauf

0000:

Senioren M60 (60-64) H

000: 28:59

00: 10.35 km/h

0000: 4:52 min/km

0: 17 (5.95 km)

00000/0: 3 (of 14)

00000: 1(of 4)

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	0.35	1:36	4:34	1	-	1	-	0.35	1:36	4:34	1	-	1	-
00 2	0.35	1:41	4:48	1	-	3	0:11	0.70	3:17	4:41	1	-	3	0:07
00 3	0.35	1:43	4:54	1	-	4	0:09	1.05	5:00	4:45	1	-	3	0:16
00 4	0.35	1:39	4:42	1	-	3	0:04	1.40	6:39	4:45	1	-	3	0:20
00 5	0.35	1:41	4:48	1	-	3	0:04	1.75	8:20	4:45	1	-	2	0:24
00 6	0.35	1:41	4:48	1	-	3	0:03	2.10	10:01	4:46	1	-	2	0:27
00 7	0.35	1:40	4:45	1	-	3	0:01	2.45	11:41	4:46	1	-	2	0:28
00 8	0.35	1:42	4:51	1	-	2	0:01	2.80	13:23	4:46	1	-	2	0:29
00 9	0.35	1:43	4:54	1	-	3	0:05	3.15	15:06	4:47	1	-	2	0:34
00 10	0.35	1:43	4:54	1	-	4	0:07	3.50	16:49	4:48	1	-	3	0:41
00 11	0.35	1:45	5:00	1	-	3	0:12	3.85	18:34	4:49	1	-	3	0:53
00 12	0.35	1:45	5:00	1	-	3	0:11	4.20	20:19	4:50	1	-	3	1:04
00 13	0.35	1:46	5:02	1	-	4	0:07	4.55	22:05	4:51	1	-	3	1:11
00 14	0.35	1:45	5:00	1	-	5	0:08	4.90	23:50	4:51	1	-	3	1:19
00 15	0.35	1:44	4:57	1	-	5	0:09	5.25	25:34	4:52	1	-	3	1:28
00 16	0.35	1:44	4:57	1	-	5	0:07	5.60	27:18	4:52	1	-	3	1:33
00 17	0.35	1:41	4:48	1	-	5	0:08	5.95	28:59	4:52	1	-	3	1:38