



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

Arnstadt / 31.01.2024

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Norbert Wenzlaff

00: Arnstadt

00: 15

00: 0.35 km/00

Halbstundenlauf

0000:

Senioren M60 (60-64) H

000: 28:52

00: 10.91 km/h

0000: 5:29 min/km

0: 15 (5.25 km)

00000/0: 8 (of 14)

00000: 2(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	1:52	5:20	2	0:16	9	0:16	0.35	1:52	5:20	2	0:16	9	0:16
00 2	0.35	1:48	5:08	2	0:07	8	0:18	0.70	3:40	5:14	2	0:23	9	0:30
00 3	0.35	1:56	5:31	2	0:13	9	0:22	1.05	5:36	5:20	2	0:36	9	0:52
00 4	0.35	2:00	5:42	2	0:21	10	0:25	1.40	7:36	5:25	2	0:57	9	1:17
00 5	0.35	1:58	5:37	2	0:17	8	0:21	1.75	9:34	5:28	2	1:14	8	1:38
00 6	0.35	1:54	5:25	2	0:13	8	0:16	2.10	11:28	5:27	2	1:27	8	1:54
00 7	0.35	1:56	5:31	2	0:16	9	0:17	2.45	13:24	5:28	2	1:43	8	2:11
00 8	0.35	1:53	5:22	2	0:11	9	0:12	2.80	15:17	5:27	2	1:54	8	2:23
00 9	0.35	1:55	5:28	2	0:12	9	0:17	3.15	17:12	5:27	2	2:06	8	2:40
00 10	0.35	1:57	5:34	2	0:14	9	0:21	3.50	19:09	5:28	2	2:20	8	3:01
00 11	0.35	1:56	5:31	2	0:11	9	0:23	3.85	21:05	5:28	2	2:31	8	3:24
00 12	0.35	2:02	5:48	2	0:17	9	0:28	4.20	23:07	5:30	2	2:48	8	3:52
00 13	0.35	1:59	5:40	2	0:13	9	0:20	4.55	25:06	5:30	2	3:01	8	4:12
00 14	0.35	1:57	5:34	3	0:12	10	0:20	4.90	27:03	5:31	2	3:13	8	4:32
00 15	0.35	1:49	5:11	2	0:05	7	0:14	5.25	28:52	5:29	2	3:18	8	4:46