



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

Arnstadt / 31.01.2024

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Jordan Wysocki

000: 59:37

00: 85

00: 12.33 km/h

00: 0.35 km

0000: 4:52 min/km

Stundenlauf

0: 35 (12.25 km)

0000:

00000/0: 11 (of 44)

Männer (20-29 Jahre)

00000: 1(of 2)

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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	1:24	4:00	1	-	6	0:10	0.35	1:24	4:00	1	-	6	0:10
00 2	0.35	1:30	4:17	1	-	7	0:09	0.70	2:54	4:08	1	-	6	0:19
00 3	0.35	1:34	4:28	1	-	7	0:13	1.05	4:28	4:15	1	-	6	0:31
00 4	0.35	1:34	4:28	1	-	7	0:13	1.40	6:02	4:18	1	-	6	0:44
00 5	0.35	1:37	4:37	1	-	9	0:15	1.75	7:39	4:22	1	-	6	0:59
00 6	0.35	1:40	4:45	1	-	12	0:17	2.10	9:19	4:26	1	-	7	1:16
00 7	0.35	1:39	4:42	1	-	11	0:17	2.45	10:58	4:28	1	-	7	1:33
00 8	0.35	1:37	4:37	1	-	8	0:14	2.80	12:35	4:29	1	-	7	1:46
00 9	0.35	1:40	4:45	1	-	10	0:19	3.15	14:15	4:31	1	-	7	2:01
00 10	0.35	1:42	4:51	1	-	13	0:20	3.50	15:57	4:33	1	-	7	2:19
00 11	0.35	1:43	4:54	1	-	15	0:20	3.85	17:40	4:35	1	-	9	2:38
00 12	0.35	1:42	4:51	1	-	13	0:21	4.20	19:22	4:36	1	-	9	2:57
00 13	0.35	1:40	4:45	1	-	11	0:19	4.55	21:02	4:37	1	-	9	3:14
00 14	0.35	1:43	4:54	1	-	13	0:22	4.90	22:45	4:38	1	-	9	3:35
00 15	0.35	1:42	4:51	1	-	10	0:20	5.25	24:27	4:39	1	-	10	3:55
00 16	0.35	1:44	4:57	1	-	12	0:22	5.60	26:11	4:40	1	-	10	4:16
00 17	0.35	1:49	5:11	1	-	16	0:26	5.95	28:00	4:42	1	-	10	4:42
00 18	0.35	1:53	5:22	1	-	24	0:29	6.30	29:53	4:44	1	-	10	5:10
00 19	0.35	1:49	5:11	1	-	17	0:27	6.65	31:42	4:46	1	-	11	5:36
00 20	0.35	1:49	5:11	1	-	19	0:29	7.00	33:31	4:47	1	-	12	6:04
00 21	0.35	1:48	5:08	1	-	15	0:26	7.35	35:19	4:48	1	-	12	6:30
00 22	0.35	1:48	5:08	1	-	14	0:25	7.70	37:07	4:49	1	-	12	6:55
00 23	0.35	1:47	5:05	1	-	15	0:25	8.05	38:54	4:49	1	-	12	7:20
00 24	0.35	1:46	5:02	1	-	15	0:25	8.40	40:40	4:50	1	-	12	7:45
00 25	0.35	1:49	5:11	1	-	18	0:29	8.75	42:29	4:51	1	-	12	8:14
00 26	0.35	1:44	4:57	1	-	15	0:23	9.10	44:13	4:51	1	-	12	8:37
00 27	0.35	1:46	5:02	1	-	15	0:25	9.45	45:59	4:51	1	-	12	9:02
00 28	0.35	1:44	4:57	1	-	13	0:22	9.80	47:43	4:52	1	-	12	9:24
00 29	0.35	1:46	5:02	1	-	16	0:24	10.15	49:29	4:52	1	-	12	9:48
00 30	0.35	1:43	4:54	1	-	13	0:22	10.50	51:12	4:52	1	-	12	10:10



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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 31	0.35	1:42	4:51	1	-	12	0:20	10.85	52:54	4:52	1	-	12	10:30
00 32	0.35	1:43	4:54	1	-	17	0:23	11.20	54:37	4:52	1	-	11	10:53
00 33	0.35	1:39	4:42	1	-	13	0:17	11.55	56:16	4:52	1	-	11	11:10
00 34	0.35	1:40	4:45	1	-	12	0:18	11.90	57:56	4:52	1	-	11	11:28
00 35	0.35	1:41	4:48	1	-	12	0:19	12.25	59:37	4:52	1	-	11	11:47