



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

Arnstadt / 31.01.2024

0000

Slavko Aleksic

00: SPORTident

00: 31

00: 0.35 km/00

Stundenlauf

0000:

Männer (20-29 Jahre)

000: 58:38

00: 8.19 km/h

0000: 7:17 min/km

0: 23 (8.05 km)

00000/0: 43 (of 44)

00000: 2(of 2)

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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	2:09	6:08	2	0:45	40	0:55	0.35	2:09	6:08	2	0:45	40	0:55
00 2	0.35	1:59	5:40	2	0:29	38	0:38	0.70	4:08	5:54	2	1:14	40	1:33
00 3	0.35	2:05	5:57	2	0:31	40	0:44	1.05	6:13	5:55	2	1:45	40	2:16
00 4	0.35	2:08	6:05	2	0:34	38	0:47	1.40	8:21	5:57	2	2:19	40	3:03
00 5	0.35	2:09	6:08	2	0:32	38	0:47	1.75	10:30	6:00	2	2:51	40	3:50
00 6	0.35	2:23	6:48	2	0:43	42	1:00	2.10	12:53	6:08	2	3:34	40	4:50
00 7	0.35	2:35	7:22	2	0:56	43	1:13	2.45	15:28	6:18	2	4:30	41	6:03
00 8	0.35	2:46	7:54	2	1:09	43	1:23	2.80	18:14	6:30	2	5:39	42	7:25
00 9	0.35	3:03	8:42	2	1:23	43	1:42	3.15	21:17	6:45	2	7:02	42	9:03
00 10	0.35	1:46	5:02	2	0:04	19	0:24	3.50	23:03	6:35	2	7:06	42	9:25
00 11	0.35	2:42	7:42	2	0:59	43	1:19	3.85	25:45	6:41	2	8:05	42	10:43
00 12	0.35	2:16	6:28	2	0:34	41	0:55	4.20	28:01	6:40	2	8:39	42	11:36
00 13	0.35	2:23	6:48	2	0:43	42	1:02	4.55	30:24	6:40	2	9:22	42	12:36
00 14	0.35	4:42	13:25	2	2:59	44	3:21	4.90	35:06	7:09	2	12:21	42	15:56
00 15	0.35	4:10	11:54	2	2:28	44	2:48	5.25	39:16	7:28	2	14:49	43	18:44
00 16	0.35	1:56	5:31	2	0:12	28	0:34	5.60	41:12	7:21	2	15:01	43	19:17
00 17	0.35	2:36	7:25	2	0:47	43	1:13	5.95	43:48	7:21	2	15:48	43	20:30
00 18	0.35	2:21	6:42	2	0:28	41	0:57	6.30	46:09	7:19	2	16:16	43	21:26
00 19	0.35	2:22	6:45	2	0:33	42	1:00	6.65	48:31	7:17	2	16:49	43	22:25
00 20	0.35	2:25	6:54	2	0:36	42	1:05	7.00	50:56	7:16	2	17:25	43	23:29
00 21	0.35	2:14	6:22	2	0:26	37	0:52	7.35	53:10	7:14	2	17:51	43	24:21
00 22	0.35	2:18	6:34	2	0:30	39	0:55	7.70	55:28	7:12	2	18:21	43	25:16
00 23	0.35	3:10	9:02	2	1:23	43	1:48	8.05	58:38	7:17	2	19:44	43	27:04