



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

Arnstadt / 31.01.2024

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Arndt Vincent Hartig

00: Wasserwacht Arnstadt

00: 51

00: 0.35 km/00

Stundenlauf

0000:

Senioren M30 (30-34)

000: 59:09

00: 11.16 km/h

0000: 5:07 min/km

0: 33 (11.55 km)

00000/0: 21 (of 44)

00000: 2(of 3)

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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	1:44	4:57	2	0:29	19	0:30	0.35	1:44	4:57	2	0:29	19	0:30
00 2	0.35	1:43	4:54	2	0:19	22	0:22	0.70	3:27	4:55	2	0:48	23	0:52
00 3	0.35	1:45	5:00	2	0:21	23	0:24	1.05	5:12	4:57	2	1:09	24	1:15
00 4	0.35	1:44	4:57	2	0:20	15	0:23	1.40	6:56	4:57	2	1:29	24	1:38
00 5	0.35	1:44	4:57	2	0:17	16	0:22	1.75	8:40	4:57	2	1:46	20	2:00
00 6	0.35	1:45	5:00	2	0:18	16	0:22	2.10	10:25	4:57	2	2:04	19	2:22
00 7	0.35	1:44	4:57	2	0:16	14	0:22	2.45	12:09	4:57	2	2:20	19	2:44
00 8	0.35	1:45	5:00	2	0:16	15	0:22	2.80	13:54	4:57	2	2:36	19	3:05
00 9	0.35	1:47	5:05	2	0:16	18	0:26	3.15	15:41	4:58	2	2:52	19	3:27
00 10	0.35	1:47	5:05	2	0:19	22	0:25	3.50	17:28	4:59	2	3:11	19	3:50
00 11	0.35	1:46	5:02	2	0:16	16	0:23	3.85	19:14	4:59	2	3:27	19	4:12
00 12	0.35	1:44	4:57	2	0:14	16	0:23	4.20	20:58	4:59	2	3:41	20	4:33
00 13	0.35	1:46	5:02	2	0:17	16	0:25	4.55	22:44	4:59	2	3:58	20	4:56
00 14	0.35	1:48	5:08	2	0:17	18	0:27	4.90	24:32	5:00	2	4:15	20	5:22
00 15	0.35	1:50	5:14	2	0:23	20	0:28	5.25	26:22	5:01	2	4:38	19	5:50
00 16	0.35	1:51	5:17	2	0:24	21	0:29	5.60	28:13	5:02	2	5:02	19	6:18
00 17	0.35	1:53	5:22	2	0:24	23	0:30	5.95	30:06	5:03	2	5:26	19	6:48
00 18	0.35	1:53	5:22	2	0:23	24	0:29	6.30	31:59	5:04	2	5:49	19	7:16
00 19	0.35	1:51	5:17	2	0:22	22	0:29	6.65	33:50	5:05	2	6:11	20	7:44
00 20	0.35	1:52	5:20	2	0:24	25	0:32	7.00	35:42	5:06	2	6:35	20	8:15
00 21	0.35	1:53	5:22	2	0:24	23	0:31	7.35	37:35	5:06	2	6:59	20	8:46
00 22	0.35	1:52	5:20	2	0:25	22	0:29	7.70	39:27	5:07	2	7:24	20	9:15
00 23	0.35	1:53	5:22	2	0:26	22	0:31	8.05	41:20	5:08	2	7:50	20	9:46
00 24	0.35	1:53	5:22	2	0:25	22	0:32	8.40	43:13	5:08	2	8:15	20	10:18
00 25	0.35	1:52	5:20	2	0:23	21	0:32	8.75	45:05	5:09	2	8:38	20	10:50
00 26	0.35	1:51	5:17	2	0:26	21	0:30	9.10	46:56	5:09	2	9:04	20	11:20
00 27	0.35	1:52	5:20	2	0:25	23	0:31	9.45	48:48	5:09	2	9:29	21	11:51
00 28	0.35	1:50	5:14	2	0:22	21	0:28	9.80	50:38	5:10	2	9:51	21	12:19
00 29	0.35	1:44	4:57	2	0:12	13	0:22	10.15	52:22	5:09	2	10:03	21	12:41
00 30	0.35	1:47	5:05	2	0:16	19	0:26	10.50	54:09	5:09	2	10:19	21	13:07



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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	1:37	4:37	2	0:06	8	0:15	10.85	55:46	5:08	2	10:25	21	13:22
00 32	0.35	1:44	4:57	2	0:11	19	0:24	11.20	57:30	5:08	2	10:36	21	13:46
00 33	0.35	1:39	4:42	2	0:07	13	0:17	11.55	59:09	5:07	2	10:43	20	14:03