



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

Arnstadt / 31.01.2024

0000

Hakan Öztürk

00: SPORTident

00: 63

00: 0.35 km/00

Stundenlauf

0000:

Senioren M30 (30-34)

000: 58:38

00: 7.16 km/h

0000: 8:22 min/km

0: 20 (7 km)

00000/0: 44 (of 44)

00000: 3(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	2:07	6:02	3	0:52	37	0:53	0.35	2:07	6:02	3	0:52	37	0:53
00 2	0.35	2:08	6:05	3	0:44	41	0:47	0.70	4:15	6:04	3	1:36	41	1:40
00 3	0.35	2:23	6:48	3	0:59	43	1:02	1.05	6:38	6:19	3	2:35	42	2:41
00 4	0.35	3:07	8:54	3	1:43	44	1:46	1.40	9:45	6:57	3	4:18	43	4:27
00 5	0.35	3:08	8:57	3	1:41	44	1:46	1.75	12:53	7:21	3	5:59	44	6:13
00 6	0.35	2:36	7:25	3	1:09	44	1:13	2.10	15:29	7:22	3	7:08	44	7:26
00 7	0.35	2:46	7:54	3	1:18	44	1:24	2.45	18:15	7:26	3	8:26	44	8:50
00 8	0.35	3:05	8:48	3	1:36	44	1:42	2.80	21:20	7:37	3	10:02	44	10:31
00 9	0.35	3:08	8:57	3	1:37	44	1:47	3.15	24:28	7:46	3	11:39	44	12:14
00 10	0.35	2:29	7:05	3	1:01	43	1:07	3.50	26:57	7:42	3	12:40	44	13:19
00 11	0.35	3:23	9:40	3	1:53	44	2:00	3.85	30:20	7:52	3	14:33	44	15:18
00 12	0.35	4:46	13:37	3	3:16	44	3:25	4.20	35:06	8:21	3	17:49	44	18:41
00 13	0.35	4:13	12:02	3	2:44	44	2:52	4.55	39:19	8:38	3	20:33	44	21:31
00 14	0.35	2:29	7:05	3	0:58	42	1:08	4.90	41:48	8:31	3	21:31	44	22:38
00 15	0.35	2:37	7:28	3	1:10	43	1:15	5.25	44:25	8:27	3	22:41	44	23:53
00 16	0.35	2:50	8:05	3	1:23	44	1:28	5.60	47:15	8:26	3	24:04	44	25:20
00 17	0.35	2:37	7:28	3	1:08	44	1:14	5.95	49:52	8:22	3	25:12	44	26:34
00 18	0.35	2:39	7:34	3	1:09	44	1:15	6.30	52:31	8:20	3	26:21	44	27:48
00 19	0.35	2:51	8:08	3	1:22	44	1:29	6.65	55:22	8:19	3	27:43	44	29:16
00 20	0.35	3:16	9:20	3	1:48	44	1:56	7.00	58:38	8:22	3	29:31	44	31:11