



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

Arnstadt / 31.01.2024

0000

## Hakan Öztürk

00: SPORTident

00: 63

00: 0.35 km

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 |