



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

Arnstadt / 31.01.2024

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Roman Freitag

□□□: 59:04

□□: GutsMuths-Rennsteiglaufverein / Trailrunning-Club 14.22 km/h

□□: 39

□□□□: 4:01 min/km

□□: 0.35 km/□□

□: 42 (14.7 km)

Stundenlauf

□□□□□/□: 3 (of 44)

□□□□:

□□□□□: 1(of 7)

Senioren M35 (35-39)

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



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Arnstadt / 31.01.2024

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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 | 1:24 | 4:00   | 1  | -  | 2  | 0:02 | 10.85 | 43:45 | 4:01   | 1  | -  | 3  | 1:21 |
| 00 32 | 0.35 | 1:25 | 4:02   | 1  | -  | 2  | 0:05 | 11.20 | 45:10 | 4:01   | 1  | -  | 3  | 1:26 |
| 00 33 | 0.35 | 1:26 | 4:05   | 1  | -  | 2  | 0:04 | 11.55 | 46:36 | 4:02   | 1  | -  | 3  | 1:30 |
| 00 34 | 0.35 | 1:24 | 4:00   | 1  | -  | 2  | 0:02 | 11.90 | 48:00 | 4:02   | 1  | -  | 3  | 1:32 |
| 00 35 | 0.35 | 1:23 | 3:57   | 1  | -  | 2  | 0:01 | 12.25 | 49:23 | 4:01   | 1  | -  | 3  | 1:33 |
| 00 36 | 0.35 | 1:25 | 4:02   | 1  | -  | 2  | 0:04 | 12.60 | 50:48 | 4:01   | 1  | -  | 3  | 1:37 |
| 00 37 | 0.35 | 1:24 | 4:00   | 1  | -  | 3  | 0:04 | 12.95 | 52:12 | 4:01   | 1  | -  | 3  | 1:41 |
| 00 38 | 0.35 | 1:26 | 4:05   | 1  | -  | 3  | 0:06 | 13.30 | 53:38 | 4:01   | 1  | -  | 3  | 1:47 |
| 00 39 | 0.35 | 1:22 | 3:54   | 1  | -  | 2  | 0:03 | 13.65 | 55:00 | 4:01   | 1  | -  | 3  | 1:50 |
| 00 40 | 0.35 | 1:23 | 3:57   | 1  | -  | 3  | 0:02 | 14.00 | 56:23 | 4:01   | 1  | -  | 3  | 1:52 |
| 00 41 | 0.35 | 1:21 | 3:51   | 1  | -  | 1  | -    | 14.35 | 57:44 | 4:01   | 1  | -  | 3  | 1:51 |
| 00 42 | 0.35 | 1:20 | 3:48   | 1  | -  | 1  | -    | 14.70 | 59:04 | 4:01   | 1  | -  | 3  | 1:50 |