



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

Arnstadt / 31.01.2024

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Thomas Krüger

00: N3 Sportverein

00: 87

00: 0.35 km/00

Stundenlauf

0000:

Senioren M35 (35-39)

000: 59:09

00: 11.16 km/h

0000: 5:07 min/km

0: 33 (11.55 km)

00000/0: 20 (of 44)

00000: 3(of 7)

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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	1:46	5:02	5	0:32	25	0:32	0.35	1:46	5:02	5	0:32	25	0:32
00 2	0.35	1:35	4:31	3	0:11	11	0:14	0.70	3:21	4:47	3	0:43	16	0:46
00 3	0.35	1:41	4:48	3	0:20	14	0:20	1.05	5:02	4:47	3	1:03	16	1:05
00 4	0.35	1:45	5:00	3	0:23	19	0:24	1.40	6:47	4:50	3	1:26	16	1:29
00 5	0.35	1:46	5:02	3	0:23	17	0:24	1.75	8:33	4:53	3	1:49	15	1:53
00 6	0.35	1:47	5:05	3	0:22	18	0:24	2.10	10:20	4:55	3	2:11	17	2:17
00 7	0.35	1:44	4:57	3	0:18	14	0:22	2.45	12:04	4:55	3	2:29	15	2:39
00 8	0.35	1:45	5:00	3	0:19	15	0:22	2.80	13:49	4:56	3	2:48	16	3:00
00 9	0.35	1:46	5:02	3	0:24	16	0:25	3.15	15:35	4:56	3	3:12	16	3:21
00 10	0.35	1:45	5:00	3	0:20	16	0:23	3.50	17:20	4:57	3	3:32	16	3:42
00 11	0.35	1:47	5:05	3	0:21	18	0:24	3.85	19:07	4:57	3	3:53	15	4:05
00 12	0.35	1:46	5:02	3	0:20	17	0:25	4.20	20:53	4:58	3	4:13	15	4:28
00 13	0.35	1:47	5:05	3	0:20	18	0:26	4.55	22:40	4:58	3	4:33	16	4:52
00 14	0.35	1:46	5:02	3	0:20	15	0:25	4.90	24:26	4:59	3	4:53	16	5:16
00 15	0.35	1:46	5:02	3	0:21	16	0:24	5.25	26:12	4:59	3	5:14	16	5:40
00 16	0.35	1:47	5:05	3	0:24	15	0:25	5.60	27:59	4:59	3	5:38	15	6:04
00 17	0.35	1:48	5:08	3	0:23	14	0:25	5.95	29:47	5:00	3	6:01	16	6:29
00 18	0.35	1:47	5:05	3	0:21	15	0:23	6.30	31:34	5:00	3	6:22	16	6:51
00 19	0.35	1:48	5:08	3	0:22	16	0:26	6.65	33:22	5:01	3	6:44	16	7:16
00 20	0.35	1:47	5:05	3	0:21	14	0:27	7.00	35:09	5:01	3	7:05	16	7:42
00 21	0.35	1:50	5:14	3	0:25	19	0:28	7.35	36:59	5:01	3	7:30	16	8:10
00 22	0.35	1:51	5:17	3	0:24	19	0:28	7.70	38:50	5:02	3	7:54	18	8:38
00 23	0.35	1:51	5:17	3	0:25	17	0:29	8.05	40:41	5:03	3	8:19	18	9:07
00 24	0.35	1:50	5:14	3	0:23	18	0:29	8.40	42:31	5:03	3	8:42	17	9:36
00 25	0.35	1:51	5:17	3	0:26	20	0:31	8.75	44:22	5:04	3	9:08	17	10:07
00 26	0.35	1:51	5:17	3	0:26	21	0:30	9.10	46:13	5:04	3	9:34	17	10:37
00 27	0.35	1:55	5:28	3	0:30	28	0:34	9.45	48:08	5:05	3	10:04	18	11:11
00 28	0.35	1:54	5:25	3	0:29	27	0:32	9.80	50:02	5:06	3	10:33	19	11:43
00 29	0.35	1:51	5:17	3	0:25	27	0:29	10.15	51:53	5:06	3	10:58	20	12:12
00 30	0.35	1:52	5:20	3	0:26	28	0:31	10.50	53:45	5:07	3	11:24	20	12:43



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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	1:49	5:11	3	0:25	22	0:27	10.85	55:34	5:07	3	11:49	20	13:10
00 32	0.35	1:47	5:05	3	0:22	23	0:27	11.20	57:21	5:07	3	12:11	20	13:37
00 33	0.35	1:48	5:08	3	0:22	22	0:26	11.55	59:09	5:07	3	12:33	20	14:03