



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

Arnstadt / 31.01.2024

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Philipp Wagner

00: Hohe-Buchen-Lauf.de

00: 89

00: 0.35 km

Stundenlauf

0000:

Senioren M35 (35-39)

000: 58:26

00: 10.78 km/h

0000: 5:33 min/km

0: 30 (10.5 km)

00000/0: 33 (of 44)

00000: 4(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	1:43	4:54	3	0:29	18	0:29	0.35	1:43	4:54	3	0:29	18	0:29
00 2	0.35	1:41	4:48	4	0:17	19	0:20	0.70	3:24	4:51	4	0:46	19	0:49
00 3	0.35	1:41	4:48	3	0:20	14	0:20	1.05	5:05	4:50	4	1:06	18	1:08
00 4	0.35	1:47	5:05	4	0:25	22	0:26	1.40	6:52	4:54	4	1:31	19	1:34
00 5	0.35	1:51	5:17	5	0:28	31	0:29	1.75	8:43	4:58	4	1:59	22	2:03
00 6	0.35	1:56	5:31	5	0:31	32	0:33	2.10	10:39	5:04	4	2:30	23	2:36
00 7	0.35	1:53	5:22	4	0:27	30	0:31	2.45	12:32	5:06	4	2:57	24	3:07
00 8	0.35	1:54	5:25	4	0:28	31	0:31	2.80	14:26	5:09	4	3:25	24	3:37
00 9	0.35	1:57	5:34	5	0:35	33	0:36	3.15	16:23	5:12	4	4:00	24	4:09
00 10	0.35	1:59	5:40	5	0:34	35	0:37	3.50	18:22	5:14	4	4:34	28	4:44
00 11	0.35	2:01	5:45	5	0:35	34	0:38	3.85	20:23	5:17	4	5:09	29	5:21
00 12	0.35	2:00	5:42	5	0:34	34	0:39	4.20	22:23	5:19	5	5:43	30	5:58
00 13	0.35	2:00	5:42	5	0:33	34	0:39	4.55	24:23	5:21	5	6:16	31	6:35
00 14	0.35	2:01	5:45	5	0:35	34	0:40	4.90	26:24	5:23	5	6:51	31	7:14
00 15	0.35	2:03	5:51	6	0:38	36	0:41	5.25	28:27	5:25	5	7:29	33	7:55
00 16	0.35	2:02	5:48	5	0:39	34	0:40	5.60	30:29	5:26	5	8:08	33	8:34
00 17	0.35	2:00	5:42	4	0:35	31	0:37	5.95	32:29	5:27	5	8:43	32	9:11
00 18	0.35	2:03	5:51	4	0:37	33	0:39	6.30	34:32	5:28	5	9:20	33	9:49
00 19	0.35	1:59	5:40	4	0:33	30	0:37	6.65	36:31	5:29	5	9:53	33	10:25
00 20	0.35	2:02	5:48	4	0:36	33	0:42	7.00	38:33	5:30	4	10:29	32	11:06
00 21	0.35	2:01	5:45	4	0:36	32	0:39	7.35	40:34	5:31	4	11:05	33	11:45
00 22	0.35	2:00	5:42	4	0:33	32	0:37	7.70	42:34	5:31	4	11:38	33	12:22
00 23	0.35	2:03	5:51	4	0:37	33	0:41	8.05	44:37	5:32	4	12:15	33	13:03
00 24	0.35	2:00	5:42	4	0:33	31	0:39	8.40	46:37	5:32	4	12:48	33	13:42
00 25	0.35	1:58	5:37	4	0:33	27	0:38	8.75	48:35	5:33	4	13:21	33	14:20
00 26	0.35	1:59	5:40	4	0:34	31	0:38	9.10	50:34	5:33	4	13:55	33	14:58
00 27	0.35	1:59	5:40	4	0:34	31	0:38	9.45	52:33	5:33	4	14:29	33	15:36
00 28	0.35	2:00	5:42	4	0:35	34	0:38	9.80	54:33	5:33	4	15:04	33	16:14
00 29	0.35	1:59	5:40	4	0:33	31	0:37	10.15	56:32	5:34	4	15:37	33	16:51
00 30	0.35	1:54	5:25	4	0:28	29	0:33	10.50	58:26	5:33	4	16:05	33	17:24