



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

Arnstadt / 31.01.2024

0000

Christian Haschenz

000: 59:12

00: SPORTident

00: 9.58 km/h

00: 52

0000: 6:15 min/km

00: 0.35 km

0: 27 (9.45 km)

Stundenlauf

00000/0: 39 (of 44)

0000:

00000: 6(of 7)

Senioren M35 (35-39)

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