



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

Arnstadt / 31.01.2024

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Christian Garz

00: VfB Torpedo Ichtershausen

00: 41

00: 0.35 km/00

Stundenlauf

0000:

Senioren M40 (40-44)

000: 59:26

00: 12.11 km/h

0000: 4:35 min/km

0: 37 (12.95 km)

00000/0: 7 (of 44)

00000: 3(of 11)

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



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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	1:35	4:31	3	0:13	7	0:13	10.85	50:11	4:37	3	7:47	7	7:47
00 32	0.35	1:31	4:19	3	0:11	5	0:11	11.20	51:42	4:36	3	7:58	7	7:58
00 33	0.35	1:35	4:31	4	0:13	8	0:13	11.55	53:17	4:36	3	8:11	7	8:11
00 34	0.35	1:34	4:28	4	0:12	8	0:12	11.90	54:51	4:36	3	8:23	7	8:23
00 35	0.35	1:34	4:28	3	0:12	7	0:12	12.25	56:25	4:36	3	8:35	7	8:35
00 36	0.35	1:29	4:14	3	0:08	5	0:08	12.60	57:54	4:35	3	8:43	7	8:43
00 37	0.35	1:32	4:22	3	0:12	6	0:12	12.95	59:26	4:35	3	8:55	7	8:55