



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

Arnstadt / 31.01.2024

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David Lippmann

000: 59:39

00: SPORTident

00: 12.32 km/h

00: 62

0000: 4:52 min/km

00: 0.35 km

0: 35 (12.25 km)

Stundenlauf

00000/0: 12 (of 44)

0000:

00000: 4(of 11)

Senioren M40 (40-44)

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



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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	1:38	4:40	4	0:16	9	0:16	10.85	53:10	4:54	4	10:46	13	10:46
00 32	0.35	1:37	4:37	5	0:17	9	0:17	11.20	54:47	4:53	4	11:03	13	11:03
00 33	0.35	1:36	4:34	5	0:14	9	0:14	11.55	56:23	4:52	4	11:17	13	11:17
00 34	0.35	1:39	4:42	5	0:17	11	0:17	11.90	58:02	4:52	4	11:34	12	11:34
00 35	0.35	1:37	4:37	4	0:15	8	0:15	12.25	59:39	4:52	4	11:49	12	11:49