



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

Arnstadt / 31.01.2024

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Wolfram Kneise

000: 58:53

00: SG Einheit Arnstadt e.V. / Hohe-Buchen-Lauf

00: 12.13 km/h

00: 58

0000: 4:56 min/km

00: 0.35 km/00

0: 34 (11.9 km)

Stundenlauf

00000/0: 14 (of 44)

0000:

00000: 5(of 11)

Senioren M40 (40-44)

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
00 1	0.35	1:42	4:51	4	0:27	14	0:28	0.35	1:42	4:51	4	0:27	14	0:28
00 2	0.35	1:41	4:48	5	0:20	19	0:20	0.70	3:23	4:50	5	0:47	18	0:48
00 3	0.35	1:42	4:51	6	0:21	18	0:21	1.05	5:05	4:50	5	1:08	18	1:08
00 4	0.35	1:47	5:05	7	0:25	22	0:26	1.40	6:52	4:54	6	1:33	19	1:34
00 5	0.35	1:50	5:14	7	0:26	25	0:28	1.75	8:42	4:58	7	1:59	21	2:02
00 6	0.35	1:57	5:34	10	0:33	33	0:34	2.10	10:39	5:04	7	2:32	23	2:36
00 7	0.35	1:52	5:20	8	0:29	28	0:30	2.45	12:31	5:06	7	2:57	23	3:06
00 8	0.35	1:54	5:25	10	0:31	31	0:31	2.80	14:25	5:08	7	3:24	23	3:36
00 9	0.35	1:58	5:37	10	0:37	34	0:37	3.15	16:23	5:12	7	4:01	24	4:09
00 10	0.35	1:44	4:57	6	0:22	15	0:22	3.50	18:07	5:10	7	4:23	24	4:29
00 11	0.35	1:26	4:05	2	0:03	3	0:03	3.85	19:33	5:04	7	4:26	22	4:31
00 12	0.35	1:24	4:00	2	0:03	3	0:03	4.20	20:57	4:59	7	4:29	19	4:32
00 13	0.35	1:26	4:05	2	0:05	3	0:05	4.55	22:23	4:55	6	4:34	15	4:35
00 14	0.35	1:58	5:37	10	0:37	32	0:37	4.90	24:21	4:58	6	5:11	15	5:11
00 15	0.35	2:02	5:48	10	0:40	34	0:40	5.25	26:23	5:01	7	5:51	20	5:51
00 16	0.35	2:03	5:51	10	0:39	35	0:41	5.60	28:26	5:04	7	6:30	20	6:31
00 17	0.35	2:02	5:48	10	0:38	33	0:39	5.95	30:28	5:07	7	7:08	20	7:10
00 18	0.35	1:54	5:25	8	0:30	26	0:30	6.30	32:22	5:08	7	7:38	20	7:39
00 19	0.35	1:26	4:05	2	0:04	3	0:04	6.65	33:48	5:04	7	7:42	19	7:42
00 20	0.35	1:31	4:19	3	0:10	6	0:11	7.00	35:19	5:02	6	7:52	18	7:52
00 21	0.35	1:43	4:54	4	0:21	10	0:21	7.35	37:02	5:02	6	8:13	18	8:13
00 22	0.35	1:38	4:40	4	0:15	8	0:15	7.70	38:40	5:01	6	8:28	16	8:28
00 23	0.35	1:54	5:25	7	0:32	23	0:32	8.05	40:34	5:02	6	9:00	17	9:00
00 24	0.35	1:59	5:40	9	0:38	30	0:38	8.40	42:33	5:03	6	9:38	18	9:38
00 25	0.35	2:03	5:51	10	0:43	32	0:43	8.75	44:36	5:05	7	10:21	19	10:21
00 26	0.35	1:37	4:37	3	0:16	8	0:16	9.10	46:13	5:04	6	10:37	17	10:37
00 27	0.35	1:32	4:22	3	0:11	6	0:11	9.45	47:45	5:03	6	10:48	17	10:48
00 28	0.35	1:26	4:05	2	0:04	3	0:04	9.80	49:11	5:01	6	10:52	16	10:52
00 29	0.35	1:34	4:28	3	0:12	7	0:12	10.15	50:45	5:00	6	11:04	16	11:04
00 30	0.35	1:40	4:45	4	0:19	11	0:19	10.50	52:25	4:59	6	11:23	16	11:23



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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	1:44	4:57	5	0:22	17	0:22	10.85	54:09	4:59	6	11:45	16	11:45
00 32	0.35	1:40	4:45	6	0:20	13	0:20	11.20	55:49	4:59	5	12:05	15	12:05
00 33	0.35	1:38	4:40	6	0:16	12	0:16	11.55	57:27	4:58	5	12:21	15	12:21
00 34	0.35	1:26	4:05	2	0:04	3	0:04	11.90	58:53	4:56	5	12:25	14	12:25