



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

Arnstadt / 31.01.2024

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Sebastian Petermann

000: 59:36

00: Kesselbrunn Runners

00: 11.98 km/h

00: 83

0000: 5:00 min/km

00: 0.35 km/00

0: 34 (11.9 km)

Stundenlauf

00000/0: 16 (of 44)

0000:

00000: 6(of 11)

Senioren M40 (40-44)

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



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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	1:47	5:05	7	0:25	20	0:25	10.85	54:08	4:59	5	11:44	15	11:44
00 32	0.35	1:49	5:11	8	0:29	24	0:29	11.20	55:57	4:59	6	12:13	16	12:13
00 33	0.35	1:48	5:08	8	0:26	22	0:26	11.55	57:45	5:00	6	12:39	16	12:39
00 34	0.35	1:51	5:17	6	0:29	17	0:29	11.90	59:36	5:00	6	13:08	16	13:08