



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

Arnstadt / 31.01.2024

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Manuel Walther

00: MC Gräfenroda

00: 76

00: 0.35 km/00

Stundenlauf

0000:

Senioren M40 (40-44)

000: 59:01

00: 11.74 km/h

0000: 5:06 min/km

0: 33 (11.55 km)

00000/0: 19 (of 44)

00000: 7(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	1:41	4:48	5	0:20	19	0:20	0.70	3:25	4:52	6	0:49	20	0:50
00 3	0.35	1:41	4:48	5	0:20	14	0:20	1.05	5:06	4:51	6	1:09	20	1:09
00 4	0.35	1:44	4:57	6	0:22	15	0:23	1.40	6:50	4:52	5	1:31	18	1:32
00 5	0.35	1:43	4:54	5	0:19	14	0:21	1.75	8:33	4:53	5	1:50	15	1:53
00 6	0.35	1:40	4:45	4	0:16	12	0:17	2.10	10:13	4:51	5	2:06	14	2:10
00 7	0.35	1:46	5:02	6	0:23	19	0:24	2.45	11:59	4:53	5	2:25	14	2:34
00 8	0.35	1:46	5:02	6	0:23	19	0:23	2.80	13:45	4:54	5	2:44	14	2:56
00 9	0.35	1:48	5:08	6	0:27	21	0:27	3.15	15:33	4:56	6	3:11	15	3:19
00 10	0.35	1:45	5:00	7	0:23	16	0:23	3.50	17:18	4:56	6	3:34	15	3:40
00 11	0.35	1:49	5:11	8	0:26	23	0:26	3.85	19:07	4:57	6	4:00	15	4:05
00 12	0.35	1:47	5:05	7	0:26	19	0:26	4.20	20:54	4:58	6	4:26	17	4:29
00 13	0.35	1:49	5:11	8	0:28	22	0:28	4.55	22:43	4:59	7	4:54	19	4:55
00 14	0.35	1:48	5:08	6	0:27	18	0:27	4.90	24:31	5:00	7	5:21	19	5:21
00 15	0.35	1:49	5:11	6	0:27	18	0:27	5.25	26:20	5:00	6	5:48	18	5:48
00 16	0.35	1:48	5:08	7	0:24	17	0:26	5.60	28:08	5:01	6	6:12	18	6:13
00 17	0.35	1:49	5:11	5	0:25	16	0:26	5.95	29:57	5:02	6	6:37	18	6:39
00 18	0.35	1:49	5:11	5	0:25	16	0:25	6.30	31:46	5:02	6	7:02	18	7:03
00 19	0.35	1:49	5:11	6	0:27	17	0:27	6.65	33:35	5:03	6	7:29	18	7:29
00 20	0.35	1:51	5:17	8	0:30	22	0:31	7.00	35:26	5:03	7	7:59	19	7:59
00 21	0.35	1:49	5:11	6	0:27	17	0:27	7.35	37:15	5:04	7	8:26	19	8:26
00 22	0.35	1:52	5:20	7	0:29	22	0:29	7.70	39:07	5:04	7	8:55	19	8:55
00 23	0.35	1:49	5:11	5	0:27	16	0:27	8.05	40:56	5:05	7	9:22	19	9:22
00 24	0.35	1:48	5:08	5	0:27	16	0:27	8.40	42:44	5:05	7	9:49	19	9:49
00 25	0.35	1:48	5:08	4	0:28	15	0:28	8.75	44:32	5:05	6	10:17	18	10:17
00 26	0.35	1:50	5:14	7	0:29	20	0:29	9.10	46:22	5:05	7	10:46	19	10:46
00 27	0.35	1:49	5:11	6	0:28	18	0:28	9.45	48:11	5:05	7	11:14	19	11:14
00 28	0.35	1:47	5:05	7	0:25	18	0:25	9.80	49:58	5:05	7	11:39	18	11:39
00 29	0.35	1:46	5:02	6	0:24	16	0:24	10.15	51:44	5:05	7	12:03	18	12:03
00 30	0.35	1:50	5:14	9	0:29	24	0:29	10.50	53:34	5:06	7	12:32	19	12:32



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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	1:51	5:17	9	0:29	25	0:29	10.85	55:25	5:06	7	13:01	19	13:01
00 32	0.35	1:49	5:11	8	0:29	24	0:29	11.20	57:14	5:06	7	13:30	19	13:30
00 33	0.35	1:47	5:05	7	0:25	21	0:25	11.55	59:01	5:06	7	13:55	19	13:55