



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

Arnstadt / 31.01.2024

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Thomas Scherer

000: 59:59

00: SPORTident

00: 11.55 km/h

00: 65

0000: 5:11 min/km

00: 0.35 km/00

0: 33 (11.55 km)

Stundenlauf

00000/0: 23 (of 44)

0000:

00000: 8(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 km	000 00	000 min/km	00 -	00 -	00 0	00 0
00 1	0.35	1:50	5:14	9	0:35	28	0:36	0.35	1:50	5:14	9	0:35	28	0:36
00 2	0.35	1:47	5:05	8	0:26	28	0:26	0.70	3:37	5:10	9	1:01	29	1:02
00 3	0.35	1:50	5:14	8	0:29	29	0:29	1.05	5:27	5:11	9	1:30	29	1:30
00 4	0.35	1:52	5:20	10	0:30	32	0:31	1.40	7:19	5:13	9	2:00	28	2:01
00 5	0.35	1:50	5:14	7	0:26	25	0:28	1.75	9:09	5:13	9	2:26	28	2:29
00 6	0.35	1:53	5:22	9	0:29	31	0:30	2.10	11:02	5:15	9	2:55	30	2:59
00 7	0.35	1:50	5:14	7	0:27	24	0:28	2.45	12:52	5:15	9	3:18	30	3:27
00 8	0.35	1:47	5:05	7	0:24	21	0:24	2.80	14:39	5:13	8	3:38	29	3:50
00 9	0.35	1:48	5:08	6	0:27	21	0:27	3.15	16:27	5:13	8	4:05	28	4:13
00 10	0.35	1:47	5:05	8	0:25	22	0:25	3.50	18:14	5:12	8	4:30	27	4:36
00 11	0.35	1:47	5:05	7	0:24	18	0:24	3.85	20:01	5:11	8	4:54	25	4:59
00 12	0.35	1:49	5:11	8	0:28	22	0:28	4.20	21:50	5:11	8	5:22	25	5:25
00 13	0.35	1:48	5:08	7	0:27	20	0:27	4.55	23:38	5:11	8	5:49	24	5:50
00 14	0.35	1:52	5:20	7	0:31	24	0:31	4.90	25:30	5:12	8	6:20	24	6:20
00 15	0.35	1:51	5:17	7	0:29	22	0:29	5.25	27:21	5:12	8	6:49	24	6:49
00 16	0.35	1:47	5:05	6	0:23	15	0:25	5.60	29:08	5:12	8	7:12	24	7:13
00 17	0.35	1:49	5:11	5	0:25	16	0:26	5.95	30:57	5:12	8	7:37	24	7:39
00 18	0.35	1:50	5:14	6	0:26	18	0:26	6.30	32:47	5:12	8	8:03	23	8:04
00 19	0.35	1:51	5:17	8	0:29	22	0:29	6.65	34:38	5:12	8	8:32	23	8:32
00 20	0.35	1:48	5:08	7	0:27	17	0:28	7.00	36:26	5:12	8	8:59	23	8:59
00 21	0.35	1:53	5:22	8	0:31	23	0:31	7.35	38:19	5:12	8	9:30	23	9:30
00 22	0.35	1:54	5:25	8	0:31	26	0:31	7.70	40:13	5:13	8	10:01	23	10:01
00 23	0.35	1:55	5:28	9	0:33	27	0:33	8.05	42:08	5:14	8	10:34	23	10:34
00 24	0.35	1:53	5:22	7	0:32	22	0:32	8.40	44:01	5:14	8	11:06	24	11:06
00 25	0.35	1:52	5:20	7	0:32	21	0:32	8.75	45:53	5:14	8	11:38	24	11:38
00 26	0.35	1:53	5:22	9	0:32	25	0:32	9.10	47:46	5:14	8	12:10	24	12:10
00 27	0.35	1:50	5:14	7	0:29	19	0:29	9.45	49:36	5:14	8	12:39	24	12:39
00 28	0.35	1:46	5:02	6	0:24	17	0:24	9.80	51:22	5:14	8	13:03	24	13:03
00 29	0.35	1:46	5:02	6	0:24	16	0:24	10.15	53:08	5:14	8	13:27	23	13:27
00 30	0.35	1:49	5:11	8	0:28	21	0:28	10.50	54:57	5:14	8	13:55	23	13:55



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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	56:44	5:13	8	14:20	23	14:20
00 32	0.35	1:42	4:51	7	0:22	16	0:22	11.20	58:26	5:13	8	14:42	23	14:42
00 33	0.35	1:33	4:25	3	0:11	7	0:11	11.55	59:59	5:11	8	14:53	23	14:53