



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

Arnstadt / 31.01.2024

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Sebastian Ernemann

00: Kirmesverein Wüllersleben

00: 38

00: 0.35 km/00

Stundenlauf

0000:

Senioren M40 (40-44)

000: 1:00:00

00: 11.20 km/h

0000: 5:21 min/km

0: 32 (11.2 km)

00000/0: 26 (of 44)

00000: 9(of 11)

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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	2:03	5:51	10	0:48	34	0:49	0.35	2:03	5:51	10	0:48	34	0:49
00 2	0.35	1:52	5:20	10	0:31	34	0:31	0.70	3:55	5:35	10	1:19	34	1:20
00 3	0.35	1:50	5:14	8	0:29	29	0:29	1.05	5:45	5:28	10	1:48	34	1:48
00 4	0.35	1:49	5:11	8	0:27	25	0:28	1.40	7:34	5:24	10	2:15	33	2:16
00 5	0.35	1:50	5:14	7	0:26	25	0:28	1.75	9:24	5:22	10	2:41	33	2:44
00 6	0.35	1:52	5:20	8	0:28	29	0:29	2.10	11:16	5:21	10	3:09	33	3:13
00 7	0.35	1:53	5:22	10	0:30	30	0:31	2.45	13:09	5:22	10	3:35	32	3:44
00 8	0.35	1:53	5:22	8	0:30	29	0:30	2.80	15:02	5:22	10	4:01	33	4:13
00 9	0.35	1:55	5:28	9	0:34	31	0:34	3.15	16:57	5:22	10	4:35	33	4:43
00 10	0.35	1:55	5:28	10	0:33	31	0:33	3.50	18:52	5:23	10	5:08	33	5:14
00 11	0.35	1:58	5:37	10	0:35	32	0:35	3.85	20:50	5:24	10	5:43	33	5:48
00 12	0.35	1:55	5:28	10	0:34	30	0:34	4.20	22:45	5:25	10	6:17	33	6:20
00 13	0.35	1:53	5:22	9	0:32	27	0:32	4.55	24:38	5:24	10	6:49	33	6:50
00 14	0.35	1:56	5:31	8	0:35	30	0:35	4.90	26:34	5:25	10	7:24	33	7:24
00 15	0.35	1:52	5:20	8	0:30	24	0:30	5.25	28:26	5:24	10	7:54	32	7:54
00 16	0.35	1:55	5:28	8	0:31	27	0:33	5.60	30:21	5:25	10	8:25	31	8:26
00 17	0.35	1:53	5:22	8	0:29	23	0:30	5.95	32:14	5:25	10	8:54	29	8:56
00 18	0.35	1:54	5:25	8	0:30	26	0:30	6.30	34:08	5:25	10	9:24	29	9:25
00 19	0.35	1:56	5:31	9	0:34	27	0:34	6.65	36:04	5:25	10	9:58	29	9:58
00 20	0.35	1:56	5:31	9	0:35	28	0:36	7.00	38:00	5:25	10	10:33	29	10:33
00 21	0.35	1:55	5:28	9	0:33	28	0:33	7.35	39:55	5:25	10	11:06	30	11:06
00 22	0.35	1:55	5:28	9	0:32	28	0:32	7.70	41:50	5:25	10	11:38	30	11:38
00 23	0.35	1:54	5:25	7	0:32	23	0:32	8.05	43:44	5:25	9	12:10	29	12:10
00 24	0.35	1:53	5:22	7	0:32	22	0:32	8.40	45:37	5:25	9	12:42	29	12:42
00 25	0.35	1:53	5:22	8	0:33	25	0:33	8.75	47:30	5:25	9	13:15	29	13:15
00 26	0.35	1:51	5:17	8	0:30	21	0:30	9.10	49:21	5:25	9	13:45	29	13:45
00 27	0.35	1:52	5:20	9	0:31	23	0:31	9.45	51:13	5:25	9	14:16	29	14:16
00 28	0.35	1:49	5:11	8	0:27	20	0:27	9.80	53:02	5:24	9	14:43	28	14:43
00 29	0.35	1:50	5:14	9	0:28	25	0:28	10.15	54:52	5:24	9	15:11	29	15:11
00 30	0.35	1:48	5:08	7	0:27	20	0:27	10.50	56:40	5:23	9	15:38	27	15:38



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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	1:46	5:02	6	0:24	19	0:24	10.85	58:26	5:23	9	16:02	27	16:02
00 32	0.35	1:34	4:28	4	0:14	7	0:14	11.20	1:00:00	5:21	9	16:16	26	16:16