



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

Arnstadt / 31.01.2024

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Christian Stecklum

000: 59:47

00: 71

00: 10.89 km/h

00: 0.35 km/00

0000: 5:30 min/km

Stundenlauf

0: 31 (10.85 km)

0000:

00000/0: 31 (of 44)

Senioren M40 (40-44)

00000: 10(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	1:47	5:05	8	0:32	26	0:33	0.35	1:47	5:05	8	0:32	26	0:33
00 2	0.35	1:48	5:08	9	0:27	29	0:27	0.70	3:35	5:07	8	0:59	28	1:00
00 3	0.35	1:50	5:14	8	0:29	29	0:29	1.05	5:25	5:09	8	1:28	28	1:28
00 4	0.35	1:51	5:17	9	0:29	30	0:30	1.40	7:16	5:11	8	1:57	27	1:58
00 5	0.35	1:52	5:20	10	0:28	33	0:30	1.75	9:08	5:13	8	2:25	27	2:28
00 6	0.35	1:51	5:17	7	0:27	26	0:28	2.10	10:59	5:13	8	2:52	27	2:56
00 7	0.35	1:52	5:20	8	0:29	28	0:30	2.45	12:51	5:14	8	3:17	29	3:26
00 8	0.35	1:53	5:22	8	0:30	29	0:30	2.80	14:44	5:15	9	3:43	30	3:55
00 9	0.35	1:52	5:20	8	0:31	27	0:31	3.15	16:36	5:16	9	4:14	30	4:22
00 10	0.35	1:54	5:25	9	0:32	30	0:32	3.50	18:30	5:17	9	4:46	30	4:52
00 11	0.35	1:52	5:20	9	0:29	27	0:29	3.85	20:22	5:17	9	5:15	28	5:20
00 12	0.35	1:53	5:22	9	0:32	28	0:32	4.20	22:15	5:17	9	5:47	28	5:50
00 13	0.35	1:55	5:28	10	0:34	28	0:34	4.55	24:10	5:18	9	6:21	28	6:22
00 14	0.35	1:57	5:34	9	0:36	31	0:36	4.90	26:07	5:19	9	6:57	28	6:57
00 15	0.35	1:57	5:34	9	0:35	31	0:35	5.25	28:04	5:20	9	7:32	28	7:32
00 16	0.35	1:56	5:31	9	0:32	28	0:34	5.60	30:00	5:21	9	8:04	28	8:05
00 17	0.35	1:57	5:34	9	0:33	27	0:34	5.95	31:57	5:22	9	8:37	28	8:39
00 18	0.35	1:57	5:34	10	0:33	29	0:33	6.30	33:54	5:22	9	9:10	28	9:11
00 19	0.35	1:57	5:34	10	0:35	28	0:35	6.65	35:51	5:23	9	9:45	28	9:45
00 20	0.35	1:58	5:37	10	0:37	30	0:38	7.00	37:49	5:24	9	10:22	28	10:22
00 21	0.35	1:58	5:37	10	0:36	30	0:36	7.35	39:47	5:24	9	10:58	28	10:58
00 22	0.35	1:59	5:40	10	0:36	30	0:36	7.70	41:46	5:25	9	11:34	29	11:34
00 23	0.35	1:59	5:40	10	0:37	31	0:37	8.05	43:45	5:26	10	12:11	30	12:11
00 24	0.35	2:01	5:45	10	0:40	33	0:40	8.40	45:46	5:26	10	12:51	30	12:51
00 25	0.35	2:02	5:48	9	0:42	31	0:42	8.75	47:48	5:27	10	13:33	30	13:33
00 26	0.35	2:00	5:42	10	0:39	32	0:39	9.10	49:48	5:28	10	14:12	30	14:12
00 27	0.35	2:01	5:45	10	0:40	33	0:40	9.45	51:49	5:28	10	14:52	30	14:52
00 28	0.35	1:59	5:40	10	0:37	33	0:37	9.80	53:48	5:29	10	15:29	31	15:29
00 29	0.35	2:00	5:42	10	0:38	33	0:38	10.15	55:48	5:29	10	16:07	31	16:07
00 30	0.35	2:03	5:51	10	0:42	33	0:42	10.50	57:51	5:30	10	16:49	31	16:49



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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	1:56	5:31	10	0:34	31	0:34	10.85	59:47	5:30	10	17:23	31	17:23