



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

Arnstadt / 31.01.2024

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Norbert Furch

00: Die Bügeleisenbande

00: 40

00: 0.35 km/00

Stundenlauf

0000:

Senioren M40 (40-44)

000: 59:28

00: 10.09 km/h

0000: 5:51 min/km

0: 29 (10.15 km)

00000/0: 36 (of 44)

00000: 11(of 11)

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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	2:08	6:05	11	0:53	38	0:54	0.35	2:08	6:05	11	0:53	38	0:54
00 2	0.35	1:57	5:34	11	0:36	36	0:36	0.70	4:05	5:49	11	1:29	37	1:30
00 3	0.35	1:57	5:34	11	0:36	36	0:36	1.05	6:02	5:44	11	2:05	37	2:05
00 4	0.35	2:02	5:48	11	0:40	36	0:41	1.40	8:04	5:45	11	2:45	37	2:46
00 5	0.35	2:00	5:42	11	0:36	35	0:38	1.75	10:04	5:45	11	3:21	37	3:24
00 6	0.35	2:02	5:48	11	0:38	35	0:39	2.10	12:06	5:45	11	3:59	36	4:03
00 7	0.35	1:57	5:34	11	0:34	35	0:35	2.45	14:03	5:44	11	4:29	36	4:38
00 8	0.35	1:58	5:37	11	0:35	35	0:35	2.80	16:01	5:43	11	5:00	35	5:12
00 9	0.35	2:01	5:45	11	0:40	35	0:40	3.15	18:02	5:43	11	5:40	35	5:48
00 10	0.35	2:00	5:42	11	0:38	36	0:38	3.50	20:02	5:43	11	6:18	35	6:24
00 11	0.35	2:01	5:45	11	0:38	34	0:38	3.85	22:03	5:43	11	6:56	35	7:01
00 12	0.35	2:02	5:48	11	0:41	35	0:41	4.20	24:05	5:44	11	7:37	35	7:40
00 13	0.35	2:01	5:45	11	0:40	35	0:40	4.55	26:06	5:44	11	8:17	35	8:18
00 14	0.35	2:06	6:00	11	0:45	35	0:45	4.90	28:12	5:45	11	9:02	35	9:02
00 15	0.35	2:02	5:48	10	0:40	34	0:40	5.25	30:14	5:45	11	9:42	35	9:42
00 16	0.35	2:06	6:00	11	0:42	37	0:44	5.60	32:20	5:46	11	10:24	35	10:25
00 17	0.35	2:05	5:57	11	0:41	34	0:42	5.95	34:25	5:47	11	11:05	35	11:07
00 18	0.35	2:06	6:00	11	0:42	34	0:42	6.30	36:31	5:47	11	11:47	35	11:48
00 19	0.35	2:05	5:57	11	0:43	34	0:43	6.65	38:36	5:48	11	12:30	35	12:30
00 20	0.35	2:04	5:54	11	0:43	34	0:44	7.00	40:40	5:48	11	13:13	35	13:13
00 21	0.35	2:04	5:54	11	0:42	34	0:42	7.35	42:44	5:48	11	13:55	35	13:55
00 22	0.35	2:08	6:05	11	0:45	35	0:45	7.70	44:52	5:49	11	14:40	35	14:40
00 23	0.35	2:08	6:05	11	0:46	35	0:46	8.05	47:00	5:50	11	15:26	36	15:26
00 24	0.35	2:06	6:00	11	0:45	34	0:45	8.40	49:06	5:50	11	16:11	35	16:11
00 25	0.35	2:06	6:00	11	0:46	36	0:46	8.75	51:12	5:51	11	16:57	35	16:57
00 26	0.35	2:06	6:00	11	0:45	34	0:45	9.10	53:18	5:51	11	17:42	35	17:42
00 27	0.35	2:06	6:00	11	0:45	34	0:45	9.45	55:24	5:51	11	18:27	35	18:27
00 28	0.35	2:01	5:45	11	0:39	36	0:39	9.80	57:25	5:51	11	19:06	35	19:06
00 29	0.35	2:03	5:51	11	0:41	35	0:41	10.15	59:28	5:51	11	19:47	35	19:47