



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

Arnstadt / 31.01.2024

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Norman Winkler

00: Laufladen Erfurt OCR Team

00: 80

00: 0.35 km/00

Stundenlauf

0000:

Senioren M45 (45-49)

000: 58:37

00: 11.46 km/h

0000: 5:14 min/km

0: 32 (11.2 km)

00000/0: 24 (of 44)

00000: 1(of 4)

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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	1:42	4:51	2	0:06	14	0:28	0.35	1:42	4:51	2	0:06	14	0:28
00 2	0.35	1:43	4:54	2	0:05	22	0:22	0.70	3:25	4:52	2	0:11	20	0:50
00 3	0.35	1:45	5:00	2	0:03	23	0:24	1.05	5:10	4:55	2	0:14	21	1:13
00 4	0.35	1:44	4:57	1	-	15	0:23	1.40	6:54	4:55	2	0:11	22	1:36
00 5	0.35	1:50	5:14	2	0:02	25	0:28	1.75	8:44	4:59	2	0:11	23	2:04
00 6	0.35	1:47	5:05	1	-	18	0:24	2.10	10:31	5:00	2	0:06	21	2:28
00 7	0.35	1:46	5:02	1	-	19	0:24	2.45	12:17	5:00	2	0:01	21	2:52
00 8	0.35	1:46	5:02	1	-	19	0:23	2.80	14:03	5:01	1	-	20	3:14
00 9	0.35	1:47	5:05	1	-	18	0:26	3.15	15:50	5:01	1	-	20	3:36
00 10	0.35	1:48	5:08	2	0:01	25	0:26	3.50	17:38	5:02	1	-	20	4:00
00 11	0.35	1:48	5:08	1	-	21	0:25	3.85	19:26	5:02	1	-	20	4:24
00 12	0.35	1:48	5:08	1	-	21	0:27	4.20	21:14	5:03	1	-	21	4:49
00 13	0.35	1:51	5:17	2	0:02	26	0:30	4.55	23:05	5:04	1	-	21	5:17
00 14	0.35	1:51	5:17	1	-	22	0:30	4.90	24:56	5:05	1	-	21	5:46
00 15	0.35	1:52	5:20	2	0:02	24	0:30	5.25	26:48	5:06	1	-	21	6:16
00 16	0.35	1:52	5:20	1	-	22	0:30	5.60	28:40	5:07	1	-	21	6:45
00 17	0.35	1:53	5:22	2	0:02	23	0:30	5.95	30:33	5:08	1	-	21	7:15
00 18	0.35	1:52	5:20	1	-	20	0:28	6.30	32:25	5:08	1	-	21	7:42
00 19	0.35	1:54	5:25	2	0:02	26	0:32	6.65	34:19	5:09	1	-	21	8:13
00 20	0.35	1:55	5:28	2	0:04	26	0:35	7.00	36:14	5:10	1	-	22	8:47
00 21	0.35	1:54	5:25	1	-	26	0:32	7.35	38:08	5:11	1	-	22	9:19
00 22	0.35	1:52	5:20	2	0:01	22	0:29	7.70	40:00	5:11	1	-	22	9:48
00 23	0.35	1:54	5:25	1	-	23	0:32	8.05	41:54	5:12	1	-	22	10:20
00 24	0.35	1:54	5:25	2	0:02	25	0:33	8.40	43:48	5:12	1	-	22	10:53
00 25	0.35	1:53	5:22	2	0:01	25	0:33	8.75	45:41	5:13	1	-	23	11:26
00 26	0.35	1:53	5:22	1	-	25	0:32	9.10	47:34	5:13	1	-	23	11:58
00 27	0.35	1:54	5:25	2	0:01	27	0:33	9.45	49:28	5:14	1	-	23	12:31
00 28	0.35	1:52	5:20	1	-	24	0:30	9.80	51:20	5:14	1	-	23	13:01
00 29	0.35	1:53	5:22	3	0:04	28	0:31	10.15	53:13	5:14	1	-	24	13:32
00 30	0.35	1:50	5:14	1	-	24	0:29	10.50	55:03	5:14	1	-	24	14:01



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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	1:49	5:11	1	-	22	0:27	10.85	56:52	5:14	1	-	24	14:28
00 32	0.35	1:45	5:00	1	-	21	0:25	11.20	58:37	5:14	1	-	24	14:53