



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

Arnstadt / 31.01.2024

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Carsten Klütsch

00: RSV Adler Arnstadt e.V.

00: 57

00: 0.35 km/00

Stundenlauf

0000:

Senioren M45 (45-49)

000: 59:12

00: 11.15 km/h

0000: 5:17 min/km

0: 32 (11.2 km)

00000/0: 25 (of 44)

00000: 2(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	1:57	5:34	3	0:21	32	0:43	0.35	1:57	5:34	3	0:21	32	0:43
00 2	0.35	1:50	5:14	3	0:12	31	0:29	0.70	3:47	5:24	3	0:33	31	1:12
00 3	0.35	1:48	5:08	3	0:06	25	0:27	1.05	5:35	5:19	3	0:39	31	1:38
00 4	0.35	1:49	5:11	3	0:05	25	0:28	1.40	7:24	5:17	3	0:41	29	2:06
00 5	0.35	1:48	5:08	1	-	20	0:26	1.75	9:12	5:15	3	0:39	29	2:32
00 6	0.35	1:48	5:08	2	0:01	20	0:25	2.10	11:00	5:14	3	0:35	28	2:57
00 7	0.35	1:50	5:14	2	0:04	24	0:28	2.45	12:50	5:14	3	0:34	28	3:25
00 8	0.35	1:48	5:08	2	0:02	23	0:25	2.80	14:38	5:13	3	0:35	26	3:49
00 9	0.35	1:48	5:08	2	0:01	21	0:27	3.15	16:26	5:13	3	0:36	26	4:12
00 10	0.35	1:47	5:05	1	-	22	0:25	3.50	18:13	5:12	3	0:35	26	4:35
00 11	0.35	1:49	5:11	2	0:01	23	0:26	3.85	20:02	5:12	3	0:36	26	5:00
00 12	0.35	1:50	5:14	2	0:02	25	0:29	4.20	21:52	5:12	3	0:38	27	5:27
00 13	0.35	1:49	5:11	1	-	22	0:28	4.55	23:41	5:12	2	0:36	25	5:53
00 14	0.35	1:51	5:17	1	-	22	0:30	4.90	25:32	5:12	2	0:36	26	6:22
00 15	0.35	1:50	5:14	1	-	20	0:28	5.25	27:22	5:12	2	0:34	25	6:50
00 16	0.35	1:52	5:20	1	-	22	0:30	5.60	29:14	5:13	2	0:34	25	7:19
00 17	0.35	1:51	5:17	1	-	21	0:28	5.95	31:05	5:13	2	0:32	25	7:47
00 18	0.35	1:52	5:20	1	-	20	0:28	6.30	32:57	5:13	2	0:32	25	8:14
00 19	0.35	1:52	5:20	1	-	24	0:30	6.65	34:49	5:14	2	0:30	24	8:43
00 20	0.35	1:51	5:17	1	-	22	0:31	7.00	36:40	5:14	2	0:26	24	9:13
00 21	0.35	1:54	5:25	1	-	26	0:32	7.35	38:34	5:14	2	0:26	25	9:45
00 22	0.35	1:51	5:17	1	-	19	0:28	7.70	40:25	5:14	2	0:25	24	10:13
00 23	0.35	1:54	5:25	1	-	23	0:32	8.05	42:19	5:15	2	0:25	25	10:45
00 24	0.35	1:52	5:20	1	-	21	0:31	8.40	44:11	5:15	2	0:23	25	11:16
00 25	0.35	1:52	5:20	1	-	21	0:32	8.75	46:03	5:15	2	0:22	25	11:48
00 26	0.35	1:53	5:22	1	-	25	0:32	9.10	47:56	5:16	2	0:22	25	12:20
00 27	0.35	1:53	5:22	1	-	25	0:32	9.45	49:49	5:16	2	0:21	25	12:52
00 28	0.35	1:54	5:25	2	0:02	27	0:32	9.80	51:43	5:16	2	0:23	25	13:24
00 29	0.35	1:50	5:14	2	0:01	25	0:28	10.15	53:33	5:16	2	0:20	25	13:52
00 30	0.35	1:54	5:25	3	0:04	29	0:33	10.50	55:27	5:16	2	0:24	25	14:25



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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	1:53	5:22	2	0:04	27	0:31	10.85	57:20	5:17	2	0:28	25	14:56
00 32	0.35	1:52	5:20	2	0:07	26	0:32	11.20	59:12	5:17	2	0:35	25	15:28