



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

Arnstadt / 31.01.2024

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Christian Wysocki

00: Laufladen Erfurt OCR Team

00: 82

00: 0.35 km/00

Stundenlauf

0000:

Senioren M45 (45-49)

000: 58:34

00: 11.12 km/h

0000: 5:23 min/km

0: 31 (10.85 km)

00000/0: 28 (of 44)

00000: 3(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	1:36	4:34	1	-	7	0:22	0.35	1:36	4:34	1	-	7	0:22
00 2	0.35	1:38	4:40	1	-	14	0:17	0.70	3:14	4:37	1	-	10	0:39
00 3	0.35	1:42	4:51	1	-	18	0:21	1.05	4:56	4:41	1	-	12	0:59
00 4	0.35	1:47	5:05	2	0:03	22	0:26	1.40	6:43	4:47	1	-	14	1:25
00 5	0.35	1:50	5:14	2	0:02	25	0:28	1.75	8:33	4:53	1	-	15	1:53
00 6	0.35	1:52	5:20	3	0:05	29	0:29	2.10	10:25	4:57	1	-	19	2:22
00 7	0.35	1:51	5:17	3	0:05	27	0:29	2.45	12:16	5:00	1	-	20	2:51
00 8	0.35	1:51	5:17	3	0:05	26	0:28	2.80	14:07	5:02	2	0:04	22	3:18
00 9	0.35	1:52	5:20	3	0:05	27	0:31	3.15	15:59	5:04	2	0:09	22	3:45
00 10	0.35	1:53	5:22	3	0:06	28	0:31	3.50	17:52	5:06	2	0:14	22	4:14
00 11	0.35	1:57	5:34	3	0:09	30	0:34	3.85	19:49	5:08	2	0:23	23	4:47
00 12	0.35	1:56	5:31	3	0:08	31	0:35	4.20	21:45	5:10	2	0:31	24	5:20
00 13	0.35	1:56	5:31	3	0:07	30	0:35	4.55	23:41	5:12	2	0:36	25	5:53
00 14	0.35	1:58	5:37	3	0:07	32	0:37	4.90	25:39	5:14	3	0:43	27	6:29
00 15	0.35	1:55	5:28	3	0:05	28	0:33	5.25	27:34	5:15	3	0:46	27	7:02
00 16	0.35	1:58	5:37	3	0:06	32	0:36	5.60	29:32	5:16	3	0:52	27	7:37
00 17	0.35	1:55	5:28	3	0:04	26	0:32	5.95	31:27	5:17	3	0:54	27	8:09
00 18	0.35	2:00	5:42	3	0:08	32	0:36	6.30	33:27	5:18	3	1:02	27	8:44
00 19	0.35	1:59	5:40	3	0:07	30	0:37	6.65	35:26	5:19	3	1:07	27	9:20
00 20	0.35	2:01	5:45	3	0:10	32	0:41	7.00	37:27	5:21	3	1:13	27	10:00
00 21	0.35	1:58	5:37	3	0:04	30	0:36	7.35	39:25	5:21	3	1:17	27	10:36
00 22	0.35	1:57	5:34	3	0:06	29	0:34	7.70	41:22	5:22	3	1:22	27	11:10
00 23	0.35	1:56	5:31	3	0:02	28	0:34	8.05	43:18	5:22	3	1:24	27	11:44
00 24	0.35	1:55	5:28	3	0:03	27	0:34	8.40	45:13	5:22	3	1:25	27	12:18
00 25	0.35	1:59	5:40	3	0:07	29	0:39	8.75	47:12	5:23	3	1:31	27	12:57
00 26	0.35	1:57	5:34	3	0:04	29	0:36	9.10	49:09	5:24	3	1:35	27	13:33
00 27	0.35	1:58	5:37	3	0:05	29	0:37	9.45	51:07	5:24	3	1:39	28	14:10
00 28	0.35	1:55	5:28	3	0:03	29	0:33	9.80	53:02	5:24	3	1:42	28	14:43
00 29	0.35	1:49	5:11	1	-	22	0:27	10.15	54:51	5:24	3	1:38	27	15:10
00 30	0.35	1:50	5:14	1	-	24	0:29	10.50	56:41	5:23	3	1:38	28	15:39



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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	58:34	5:23	3	1:42	28	16:10