



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

Arnstadt / 31.01.2024

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Matthias Haupt

00: Die Bügeleisenbande

00: 53

00: 0.35 km

Stundenlauf

0000:

Senioren M45 (45-49)

000: 59:28

00: 10.24 km/h

0000: 5:51 min/km

0: 29 (10.15 km)

00000/0: 35 (of 44)

00000: 4(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	2:08	6:05	4	0:32	38	0.35	2:08	6:05	4	0:32	38	0:54
00 2	0.35	1:57	5:34	4	0:19	36	0.70	4:05	5:49	4	0:51	37	1:30
00 3	0.35	1:57	5:34	4	0:15	36	1.05	6:02	5:44	4	1:06	37	2:05
00 4	0.35	2:02	5:48	4	0:18	36	1.40	8:04	5:45	4	1:21	37	2:46
00 5	0.35	2:00	5:42	4	0:12	35	1.75	10:04	5:45	4	1:31	37	3:24
00 6	0.35	2:02	5:48	4	0:15	35	2.10	12:06	5:45	4	1:41	36	4:03
00 7	0.35	1:56	5:31	4	0:10	34	2.45	14:02	5:43	4	1:46	35	4:37
00 8	0.35	1:59	5:40	4	0:13	36	2.80	16:01	5:43	4	1:58	35	5:12
00 9	0.35	2:01	5:45	4	0:14	35	3.15	18:02	5:43	4	2:12	35	5:48
00 10	0.35	2:00	5:42	4	0:13	36	3.50	20:02	5:43	4	2:24	35	6:24
00 11	0.35	2:01	5:45	4	0:13	34	3.85	22:03	5:43	4	2:37	35	7:01
00 12	0.35	2:02	5:48	4	0:14	35	4.20	24:05	5:44	4	2:51	35	7:40
00 13	0.35	2:01	5:45	4	0:12	35	4.55	26:06	5:44	4	3:01	35	8:18
00 14	0.35	2:06	6:00	4	0:15	35	4.90	28:12	5:45	4	3:16	35	9:02
00 15	0.35	2:03	5:51	4	0:13	36	5.25	30:15	5:45	4	3:27	36	9:43
00 16	0.35	2:05	5:57	4	0:13	36	5.60	32:20	5:46	4	3:40	35	10:25
00 17	0.35	2:05	5:57	4	0:14	34	5.95	34:25	5:47	4	3:52	35	11:07
00 18	0.35	2:06	6:00	4	0:14	34	6.30	36:31	5:47	4	4:06	35	11:48
00 19	0.35	2:05	5:57	4	0:13	34	6.65	38:36	5:48	4	4:17	35	12:30
00 20	0.35	2:05	5:57	4	0:14	35	7.00	40:41	5:48	4	4:27	36	13:14
00 21	0.35	2:04	5:54	4	0:10	34	7.35	42:45	5:48	4	4:37	36	13:56
00 22	0.35	2:07	6:02	4	0:16	34	7.70	44:52	5:49	4	4:52	35	14:40
00 23	0.35	2:07	6:02	4	0:13	34	8.05	46:59	5:50	4	5:05	35	15:25
00 24	0.35	2:08	6:05	4	0:16	36	8.40	49:07	5:50	4	5:19	36	16:12
00 25	0.35	2:05	5:57	4	0:13	35	8.75	51:12	5:51	4	5:31	35	16:57
00 26	0.35	2:07	6:02	4	0:14	35	9.10	53:19	5:51	4	5:45	36	17:43
00 27	0.35	2:07	6:02	4	0:14	36	9.45	55:26	5:51	4	5:58	36	18:29
00 28	0.35	2:00	5:42	4	0:08	34	9.80	57:26	5:51	4	6:06	36	19:07
00 29	0.35	2:02	5:48	4	0:13	34	10.15	59:28	5:51	4	6:15	35	19:47