



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

Arnstadt / 31.01.2024

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Arvid Senglaub

00: Die flinken Gerateler

00: 70

00: 0.35 km/00

Stundenlauf

0000:

Senioren M50 (50-54)

000: 58:40

00: 12.27 km/h

0000: 4:39 min/km

0: 36 (12.6 km)

00000/0: 8 (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	1:40	4:45	1	-	11	0:26	0.35	1:40	4:45	1	-	11	0:26
00 2	0.35	1:36	4:34	2	0:06	13	0:15	0.70	3:16	4:40	2	0:04	11	0:41
00 3	0.35	1:34	4:28	1	-	7	0:13	1.05	4:50	4:36	2	0:04	10	0:53
00 4	0.35	1:36	4:34	2	0:02	9	0:15	1.40	6:26	4:35	2	0:06	10	1:08
00 5	0.35	1:36	4:34	2	0:02	7	0:14	1.75	8:02	4:35	2	0:08	9	1:22
00 6	0.35	1:36	4:34	2	0:01	8	0:13	2.10	9:38	4:35	2	0:09	9	1:35
00 7	0.35	1:37	4:37	1	-	8	0:15	2.45	11:15	4:35	2	0:09	9	1:50
00 8	0.35	1:35	4:31	1	-	7	0:12	2.80	12:50	4:35	2	0:07	9	2:01
00 9	0.35	1:32	4:22	1	-	7	0:11	3.15	14:22	4:33	2	0:02	9	2:08
00 10	0.35	1:36	4:34	1	-	7	0:14	3.50	15:58	4:33	1	-	8	2:20
00 11	0.35	1:36	4:34	1	-	8	0:13	3.85	17:34	4:33	1	-	7	2:32
00 12	0.35	1:39	4:42	1	-	9	0:18	4.20	19:13	4:34	1	-	7	2:48
00 13	0.35	1:37	4:37	1	-	9	0:16	4.55	20:50	4:34	1	-	7	3:02
00 14	0.35	1:38	4:40	1	-	8	0:17	4.90	22:28	4:35	1	-	7	3:18
00 15	0.35	1:38	4:40	1	-	8	0:16	5.25	24:06	4:35	1	-	7	3:34
00 16	0.35	1:39	4:42	2	0:01	9	0:17	5.60	25:45	4:35	1	-	7	3:50
00 17	0.35	1:40	4:45	2	0:03	9	0:17	5.95	27:25	4:36	1	-	7	4:07
00 18	0.35	1:38	4:40	1	-	7	0:14	6.30	29:03	4:36	1	-	7	4:20
00 19	0.35	1:41	4:48	2	0:01	10	0:19	6.65	30:44	4:37	1	-	7	4:38
00 20	0.35	1:40	4:45	1	-	9	0:20	7.00	32:24	4:37	1	-	7	4:57
00 21	0.35	1:41	4:48	2	0:02	9	0:19	7.35	34:05	4:38	1	-	7	5:16
00 22	0.35	1:39	4:42	1	-	9	0:16	7.70	35:44	4:38	1	-	7	5:32
00 23	0.35	1:40	4:45	2	0:01	9	0:18	8.05	37:24	4:38	1	-	8	5:50
00 24	0.35	1:38	4:40	1	-	9	0:17	8.40	39:02	4:38	1	-	8	6:07
00 25	0.35	1:39	4:42	2	0:01	10	0:19	8.75	40:41	4:38	1	-	8	6:26
00 26	0.35	1:37	4:37	1	-	8	0:16	9.10	42:18	4:38	1	-	8	6:42
00 27	0.35	1:38	4:40	2	0:01	10	0:17	9.45	43:56	4:38	1	-	8	6:59
00 28	0.35	1:40	4:45	1	-	11	0:18	9.80	45:36	4:39	1	-	8	7:17
00 29	0.35	1:40	4:45	1	-	10	0:18	10.15	47:16	4:39	1	-	8	7:35
00 30	0.35	1:39	4:42	1	-	9	0:18	10.50	48:55	4:39	1	-	8	7:53



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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	1:40	4:45	2	0:01	11	0:18	10.85	50:35	4:39	1	-	8	8:11
00 32	0.35	1:39	4:42	1	-	11	0:19	11.20	52:14	4:39	1	-	8	8:30
00 33	0.35	1:36	4:34	1	-	9	0:14	11.55	53:50	4:39	1	-	8	8:44
00 34	0.35	1:37	4:37	2	0:01	10	0:15	11.90	55:27	4:39	1	-	8	8:59
00 35	0.35	1:37	4:37	1	-	8	0:15	12.25	57:04	4:39	1	-	8	9:14
00 36	0.35	1:36	4:34	1	-	8	0:15	12.60	58:40	4:39	1	-	8	9:29