



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

Arnstadt / 31.01.2024

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Arvid Senglaub

00: Die flinken Gerataler

00: 70

00: 0.35 km/00

Stundenlauf

0000:

Senioren M50 (50-54)

000: 58:40

00: 12.89 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 |