



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

Arnstadt / 31.01.2024

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Jens Schmidt

00: LTV Erfurt

00: 68

00: 0.35 km

Stundenlauf

0000:

Senioren M50 (50-54)

000: 58:41

00: 12.88 km/h

0000: 4:39 min/km

0: 36 (12.6 km)

00000/0: 9 (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	1:42	4:51	3	0:02	14	0:28	0.35	1:42	4:51	3	0:02	14	0:28
00 2	0.35	1:30	4:17	1	-	7	0:09	0.70	3:12	4:34	1	-	9	0:37
00 3	0.35	1:34	4:28	1	-	7	0:13	1.05	4:46	4:32	1	-	8	0:49
00 4	0.35	1:34	4:28	1	-	7	0:13	1.40	6:20	4:31	1	-	8	1:02
00 5	0.35	1:34	4:28	1	-	6	0:12	1.75	7:54	4:30	1	-	8	1:14
00 6	0.35	1:35	4:31	1	-	7	0:12	2.10	9:29	4:30	1	-	8	1:26
00 7	0.35	1:37	4:37	1	-	8	0:15	2.45	11:06	4:31	1	-	8	1:41
00 8	0.35	1:37	4:37	2	0:02	8	0:14	2.80	12:43	4:32	1	-	8	1:54
00 9	0.35	1:37	4:37	2	0:05	8	0:16	3.15	14:20	4:33	1	-	8	2:06
00 10	0.35	1:38	4:40	2	0:02	9	0:16	3.50	15:58	4:33	1	-	8	2:20
00 11	0.35	1:39	4:42	2	0:03	10	0:16	3.85	17:37	4:34	2	0:03	8	2:35
00 12	0.35	1:39	4:42	1	-	9	0:18	4.20	19:16	4:35	2	0:03	8	2:51
00 13	0.35	1:39	4:42	2	0:02	10	0:18	4.55	20:55	4:35	2	0:05	8	3:07
00 14	0.35	1:39	4:42	2	0:01	9	0:18	4.90	22:34	4:36	2	0:06	8	3:24
00 15	0.35	1:39	4:42	2	0:01	9	0:17	5.25	24:13	4:36	2	0:07	8	3:41
00 16	0.35	1:38	4:40	1	-	7	0:16	5.60	25:51	4:36	2	0:06	8	3:56
00 17	0.35	1:37	4:37	1	-	8	0:14	5.95	27:28	4:36	2	0:03	8	4:10
00 18	0.35	1:39	4:42	2	0:01	9	0:15	6.30	29:07	4:37	2	0:04	8	4:24
00 19	0.35	1:40	4:45	1	-	9	0:18	6.65	30:47	4:37	2	0:03	8	4:41
00 20	0.35	1:40	4:45	1	-	9	0:20	7.00	32:27	4:38	2	0:03	8	5:00
00 21	0.35	1:39	4:42	1	-	8	0:17	7.35	34:06	4:38	2	0:01	8	5:17
00 22	0.35	1:40	4:45	2	0:01	10	0:17	7.70	35:46	4:38	2	0:02	9	5:34
00 23	0.35	1:39	4:42	1	-	8	0:17	8.05	37:25	4:38	2	0:01	9	5:51
00 24	0.35	1:39	4:42	2	0:01	10	0:18	8.40	39:04	4:39	2	0:02	9	6:09
00 25	0.35	1:38	4:40	1	-	9	0:18	8.75	40:42	4:39	2	0:01	9	6:27
00 26	0.35	1:37	4:37	1	-	8	0:16	9.10	42:19	4:39	2	0:01	9	6:43
00 27	0.35	1:37	4:37	1	-	9	0:16	9.45	43:56	4:38	1	-	8	6:59
00 28	0.35	1:41	4:48	2	0:01	12	0:19	9.80	45:37	4:39	2	0:01	9	7:18
00 29	0.35	1:40	4:45	1	-	10	0:18	10.15	47:17	4:39	2	0:01	9	7:36
00 30	0.35	1:39	4:42	1	-	9	0:18	10.50	48:56	4:39	2	0:01	9	7:54



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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	1:39	4:42	1	-	10	0:17	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	1:37	4:37	2	0:01	11	0:15	11.55	53:51	4:39	2	0:01	9	8:45
00 34	0.35	1:36	4:34	1	-	9	0:14	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	1:37	4:37	2	0:01	9	0:16	12.60	58:41	4:39	2	0:01	9	9:30