



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

Arnstadt / 31.01.2024

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Torsthen Seever

00: SG Motor Arnstadt

00: 32

00: 0.35 km/00

Stundenlauf

0000:

Senioren M50 (50-54)

000: 59:28

00: 10.95 km/h

0000: 5:28 min/km

0: 31 (10.85 km)

00000/0: 30 (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	2:09	6:08	4	0:29	40	0:55	0.35	2:09	6:08	4	0:29	40	0:55
00 2	0.35	1:45	5:00	4	0:15	27	0:24	0.70	3:54	5:34	4	0:42	33	1:19
00 3	0.35	1:50	5:14	4	0:16	29	0:29	1.05	5:44	5:27	4	0:58	33	1:47
00 4	0.35	1:50	5:14	4	0:16	28	0:29	1.40	7:34	5:24	4	1:14	33	2:16
00 5	0.35	1:49	5:11	4	0:15	23	0:27	1.75	9:23	5:21	4	1:29	32	2:43
00 6	0.35	1:51	5:17	4	0:16	26	0:28	2.10	11:14	5:20	4	1:45	32	3:11
00 7	0.35	1:55	5:28	4	0:18	33	0:33	2.45	13:09	5:22	4	2:03	32	3:44
00 8	0.35	1:52	5:20	4	0:17	27	0:29	2.80	15:01	5:21	4	2:18	32	4:12
00 9	0.35	1:51	5:17	4	0:19	26	0:30	3.15	16:52	5:21	4	2:32	32	4:38
00 10	0.35	1:55	5:28	4	0:19	31	0:33	3.50	18:47	5:22	4	2:49	32	5:09
00 11	0.35	1:57	5:34	4	0:21	30	0:34	3.85	20:44	5:23	4	3:10	32	5:42
00 12	0.35	1:53	5:22	4	0:14	28	0:32	4.20	22:37	5:23	4	3:24	32	6:12
00 13	0.35	1:58	5:37	4	0:21	32	0:37	4.55	24:35	5:24	4	3:45	32	6:47
00 14	0.35	1:55	5:28	4	0:17	26	0:34	4.90	26:30	5:24	4	4:02	32	7:20
00 15	0.35	1:54	5:25	4	0:16	26	0:32	5.25	28:24	5:24	4	4:18	31	7:52
00 16	0.35	1:57	5:34	4	0:19	30	0:35	5.60	30:21	5:25	4	4:36	31	8:26
00 17	0.35	1:58	5:37	4	0:21	29	0:35	5.95	32:19	5:25	4	4:54	31	9:01
00 18	0.35	1:57	5:34	4	0:19	29	0:33	6.30	34:16	5:26	4	5:13	30	9:33
00 19	0.35	1:59	5:40	4	0:19	30	0:37	6.65	36:15	5:27	4	5:31	30	10:09
00 20	0.35	1:59	5:40	4	0:19	31	0:39	7.00	38:14	5:27	4	5:50	31	10:47
00 21	0.35	1:56	5:31	4	0:17	29	0:34	7.35	40:10	5:27	4	6:05	31	11:21
00 22	0.35	1:54	5:25	4	0:15	26	0:31	7.70	42:04	5:27	4	6:20	31	11:52
00 23	0.35	1:56	5:31	4	0:17	28	0:34	8.05	44:00	5:27	4	6:36	31	12:26
00 24	0.35	1:58	5:37	4	0:20	29	0:37	8.40	45:58	5:28	4	6:56	31	13:03
00 25	0.35	2:03	5:51	4	0:25	32	0:43	8.75	48:01	5:29	4	7:20	31	13:46
00 26	0.35	1:58	5:37	4	0:21	30	0:37	9.10	49:59	5:29	4	7:41	31	14:23
00 27	0.35	1:53	5:22	4	0:16	25	0:32	9.45	51:52	5:29	4	7:56	31	14:55
00 28	0.35	1:52	5:20	4	0:12	24	0:30	9.80	53:44	5:28	4	8:08	30	15:25
00 29	0.35	1:59	5:40	4	0:19	31	0:37	10.15	55:43	5:29	4	8:27	30	16:02
00 30	0.35	1:51	5:17	4	0:12	27	0:30	10.50	57:34	5:28	4	8:39	30	16:32



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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	1:54	5:25	4	0:15	30	0:32	10.85	59:28	5:28	4	8:53	30	17:04