



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

Arnstadt / 31.01.2024

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Torsten Stelzner

00: Wsv ilmenau

00: 84

00: 0.35 km/00

Stundenlauf

0000:

Senioren M55 (55-59)

000: 59:50

00: 12.28 km/h

0000: 4:53 min/km

0: 35 (12.25 km)

00000/0: 13 (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	1:42	4:51	2	0:04	14	0:28	0.35	1:42	4:51	2	0:04	14	0:28
00 2	0.35	1:34	4:28	1	-	10	0:13	0.70	3:16	4:40	1	-	11	0:41
00 3	0.35	1:35	4:31	1	-	10	0:14	1.05	4:51	4:37	1	-	11	0:54
00 4	0.35	1:36	4:34	1	-	9	0:15	1.40	6:27	4:36	1	-	11	1:09
00 5	0.35	1:36	4:34	1	-	7	0:14	1.75	8:03	4:36	1	-	10	1:23
00 6	0.35	1:38	4:40	1	-	9	0:15	2.10	9:41	4:36	1	-	10	1:38
00 7	0.35	1:38	4:40	1	-	10	0:16	2.45	11:19	4:37	1	-	10	1:54
00 8	0.35	1:38	4:40	1	-	10	0:15	2.80	12:57	4:37	1	-	10	2:08
00 9	0.35	1:40	4:45	1	-	10	0:19	3.15	14:37	4:38	1	-	10	2:23
00 10	0.35	1:41	4:48	1	-	11	0:19	3.50	16:18	4:39	1	-	10	2:40
00 11	0.35	1:39	4:42	1	-	10	0:16	3.85	17:57	4:39	1	-	10	2:55
00 12	0.35	1:39	4:42	1	-	9	0:18	4.20	19:36	4:40	1	-	10	3:11
00 13	0.35	1:43	4:54	1	-	14	0:22	4.55	21:19	4:41	1	-	11	3:31
00 14	0.35	1:42	4:51	1	-	11	0:21	4.90	23:01	4:41	1	-	11	3:51
00 15	0.35	1:43	4:54	1	-	11	0:21	5.25	24:44	4:42	1	-	11	4:12
00 16	0.35	1:42	4:51	1	-	10	0:20	5.60	26:26	4:43	1	-	11	4:31
00 17	0.35	1:44	4:57	1	-	11	0:21	5.95	28:10	4:44	1	-	11	4:52
00 18	0.35	1:44	4:57	1	-	12	0:20	6.30	29:54	4:44	1	-	11	5:11
00 19	0.35	1:44	4:57	1	-	12	0:22	6.65	31:38	4:45	1	-	10	5:32
00 20	0.35	1:45	5:00	1	-	13	0:25	7.00	33:23	4:46	1	-	10	5:56
00 21	0.35	1:47	5:05	1	-	14	0:25	7.35	35:10	4:47	1	-	11	6:21
00 22	0.35	1:49	5:11	2	0:02	17	0:26	7.70	36:59	4:48	1	-	11	6:47
00 23	0.35	1:46	5:02	2	0:01	14	0:24	8.05	38:45	4:48	1	-	11	7:11
00 24	0.35	1:45	5:00	1	-	13	0:24	8.40	40:30	4:49	1	-	11	7:35
00 25	0.35	1:46	5:02	1	-	13	0:26	8.75	42:16	4:49	1	-	11	8:01
00 26	0.35	1:45	5:00	1	-	16	0:24	9.10	44:01	4:50	1	-	11	8:25
00 27	0.35	1:46	5:02	1	-	15	0:25	9.45	45:47	4:50	1	-	11	8:50
00 28	0.35	1:48	5:08	2	0:03	19	0:26	9.80	47:35	4:51	1	-	11	9:16
00 29	0.35	1:47	5:05	2	0:01	21	0:25	10.15	49:22	4:51	1	-	11	9:41
00 30	0.35	1:46	5:02	2	0:01	18	0:25	10.50	51:08	4:52	1	-	11	10:06



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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	1:45	5:00	2	0:02	18	0:23	10.85	52:53	4:52	1	-	11	10:29
00 32	0.35	1:44	4:57	2	0:01	19	0:24	11.20	54:37	4:52	1	-	11	10:53
00 33	0.35	1:43	4:54	1	-	18	0:21	11.55	56:20	4:52	1	-	12	11:14
00 34	0.35	1:46	5:02	2	0:03	16	0:24	11.90	58:06	4:52	1	-	13	11:38
00 35	0.35	1:44	4:57	1	-	13	0:22	12.25	59:50	4:53	1	-	13	12:00