



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

Arnstadt / 31.01.2024

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Gerd Krüger

000: 59:46

00: 60

00: 11.95 km/h

00: 0.35 km/00

0000: 5:01 min/km

Stundenlauf

0: 34 (11.9 km)

0000:

00000/0: 17 (of 44)

Senioren M55 (55-59)

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	1:38	4:40	1	-	9	0:24	0.35	1:38	4:40	1	-	9	0:24
00 2	0.35	1:40	4:45	3	0:06	16	0:19	0.70	3:18	4:42	2	0:02	13	0:43
00 3	0.35	1:42	4:51	2	0:07	18	0:21	1.05	5:00	4:45	2	0:09	15	1:03
00 4	0.35	1:44	4:57	2	0:08	15	0:23	1.40	6:44	4:48	2	0:17	15	1:26
00 5	0.35	1:47	5:05	2	0:11	19	0:25	1.75	8:31	4:52	2	0:28	14	1:51
00 6	0.35	1:48	5:08	2	0:10	20	0:25	2.10	10:19	4:54	2	0:38	15	2:16
00 7	0.35	1:46	5:02	3	0:08	19	0:24	2.45	12:05	4:55	2	0:46	17	2:40
00 8	0.35	1:45	5:00	2	0:07	15	0:22	2.80	13:50	4:56	2	0:53	18	3:01
00 9	0.35	1:45	5:00	2	0:05	15	0:24	3.15	15:35	4:56	2	0:58	16	3:21
00 10	0.35	1:46	5:02	2	0:05	19	0:24	3.50	17:21	4:57	2	1:03	18	3:43
00 11	0.35	1:46	5:02	2	0:07	16	0:23	3.85	19:07	4:57	2	1:10	15	4:05
00 12	0.35	1:47	5:05	2	0:08	19	0:26	4.20	20:54	4:58	2	1:18	17	4:29
00 13	0.35	1:46	5:02	2	0:03	16	0:25	4.55	22:40	4:58	2	1:21	16	4:52
00 14	0.35	1:47	5:05	2	0:05	17	0:26	4.90	24:27	4:59	2	1:26	18	5:17
00 15	0.35	1:46	5:02	2	0:03	16	0:24	5.25	26:13	4:59	2	1:29	17	5:41
00 16	0.35	1:48	5:08	2	0:06	17	0:26	5.60	28:01	5:00	2	1:35	17	6:06
00 17	0.35	1:48	5:08	2	0:04	14	0:25	5.95	29:49	5:00	2	1:39	17	6:31
00 18	0.35	1:46	5:02	2	0:02	14	0:22	6.30	31:35	5:00	2	1:41	17	6:52
00 19	0.35	1:47	5:05	2	0:03	15	0:25	6.65	33:22	5:01	2	1:44	16	7:16
00 20	0.35	1:48	5:08	2	0:03	17	0:28	7.00	35:10	5:01	2	1:47	17	7:43
00 21	0.35	1:49	5:11	2	0:02	17	0:27	7.35	36:59	5:01	2	1:49	16	8:10
00 22	0.35	1:47	5:05	1	-	13	0:24	7.70	38:46	5:02	2	1:47	17	8:34
00 23	0.35	1:45	5:00	1	-	13	0:23	8.05	40:31	5:01	2	1:46	16	8:57
00 24	0.35	1:48	5:08	2	0:03	16	0:27	8.40	42:19	5:02	2	1:49	16	9:24
00 25	0.35	1:46	5:02	1	-	13	0:26	8.75	44:05	5:02	2	1:49	16	9:50
00 26	0.35	1:46	5:02	2	0:01	17	0:25	9.10	45:51	5:02	2	1:50	16	10:15
00 27	0.35	1:46	5:02	1	-	15	0:25	9.45	47:37	5:02	2	1:50	16	10:40
00 28	0.35	1:45	5:00	1	-	15	0:23	9.80	49:22	5:02	2	1:47	17	11:03
00 29	0.35	1:46	5:02	1	-	16	0:24	10.15	51:08	5:02	2	1:46	17	11:27
00 30	0.35	1:45	5:00	1	-	16	0:24	10.50	52:53	5:02	2	1:45	17	11:51



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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	1:43	4:54	1	-	14	0:21	10.85	54:36	5:01	2	1:43	17	12:12
00 32	0.35	1:43	4:54	1	-	17	0:23	11.20	56:19	5:01	2	1:42	17	12:35
00 33	0.35	1:44	4:57	2	0:01	20	0:22	11.55	58:03	5:01	2	1:43	17	12:57
00 34	0.35	1:43	4:54	1	-	15	0:21	11.90	59:46	5:01	2	1:40	17	13:18