



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

Arnstadt / 31.01.2024

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Jörg Grimm

00: SPORTident

00: 47

00: 0.35 km/00

Stundenlauf

0000:

Senioren M55 (55-59)

000: 58:50

00: 10.20 km/h

0000: 5:25 min/km

0: 31 (10.85 km)

00000/0: 29 (of 44)

00000: 3(of 4)

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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 1	0.35	1:48	5:08	3	0:10	27	0:34	0.35	1:48	5:08	3	0:10	27	0:34
00 2	0.35	1:38	4:40	2	0:04	14	0:17	0.70	3:26	4:54	3	0:10	22	0:51
00 3	0.35	1:44	4:57	3	0:09	22	0:23	1.05	5:10	4:55	3	0:19	21	1:13
00 4	0.35	1:45	5:00	3	0:09	19	0:24	1.40	6:55	4:56	3	0:28	23	1:37
00 5	0.35	1:49	5:11	3	0:13	23	0:27	1.75	8:44	4:59	3	0:41	23	2:04
00 6	0.35	1:49	5:11	3	0:11	23	0:26	2.10	10:33	5:01	3	0:52	22	2:30
00 7	0.35	1:45	5:00	2	0:07	16	0:23	2.45	12:18	5:01	3	0:59	22	2:53
00 8	0.35	1:47	5:05	3	0:09	21	0:24	2.80	14:05	5:01	3	1:08	21	3:16
00 9	0.35	1:47	5:05	3	0:07	18	0:26	3.15	15:52	5:02	3	1:15	21	3:38
00 10	0.35	1:49	5:11	3	0:08	27	0:27	3.50	17:41	5:03	3	1:23	21	4:03
00 11	0.35	1:50	5:14	3	0:11	25	0:27	3.85	19:31	5:04	3	1:34	21	4:29
00 12	0.35	1:50	5:14	3	0:11	25	0:29	4.20	21:21	5:05	3	1:45	22	4:56
00 13	0.35	1:49	5:11	3	0:06	22	0:28	4.55	23:10	5:05	3	1:51	22	5:22
00 14	0.35	1:55	5:28	3	0:13	26	0:34	4.90	25:05	5:07	3	2:04	22	5:55
00 15	0.35	1:56	5:31	3	0:13	30	0:34	5.25	27:01	5:08	3	2:17	22	6:29
00 16	0.35	1:57	5:34	3	0:15	30	0:35	5.60	28:58	5:10	3	2:32	23	7:03
00 17	0.35	1:58	5:37	3	0:14	29	0:35	5.95	30:56	5:11	3	2:46	23	7:38
00 18	0.35	1:59	5:40	3	0:15	31	0:35	6.30	32:55	5:13	3	3:01	24	8:12
00 19	0.35	2:00	5:42	3	0:16	33	0:38	6.65	34:55	5:15	3	3:17	26	8:49
00 20	0.35	1:57	5:34	3	0:12	29	0:37	7.00	36:52	5:15	3	3:29	26	9:25
00 21	0.35	2:01	5:45	3	0:14	32	0:39	7.35	38:53	5:17	3	3:43	26	10:04
00 22	0.35	2:00	5:42	3	0:13	32	0:37	7.70	40:53	5:18	3	3:54	26	10:41
00 23	0.35	2:01	5:45	3	0:16	32	0:39	8.05	42:54	5:19	3	4:09	26	11:20
00 24	0.35	2:00	5:42	3	0:15	31	0:39	8.40	44:54	5:20	3	4:24	26	11:59
00 25	0.35	2:00	5:42	3	0:14	30	0:40	8.75	46:54	5:21	3	4:38	26	12:39
00 26	0.35	2:02	5:48	3	0:17	33	0:41	9.10	48:56	5:22	3	4:55	26	13:20
00 27	0.35	2:00	5:42	3	0:14	32	0:39	9.45	50:56	5:23	3	5:09	26	13:59
00 28	0.35	1:58	5:37	3	0:13	30	0:36	9.80	52:54	5:23	3	5:19	26	14:35
00 29	0.35	1:57	5:34	3	0:11	30	0:35	10.15	54:51	5:24	3	5:29	27	15:10
00 30	0.35	1:59	5:40	3	0:14	32	0:38	10.50	56:50	5:24	3	5:42	29	15:48



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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	2:00	5:42	3	0:17	32	0:38	10.85	58:50	5:25	3	5:57	29	16:26