



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

Arnstadt / 31.01.2024

0000

Friedrich Reinhard Wilke

000: 59:17

00: 79

00: 9.92 km/h

00: 0.35 km

0000: 6:02 min/km

Stundenlauf

0: 28 (9.8 km)

0000:

00000/0: 37 (of 44)

Senioren M55 (55-59)

00000: 4(of 4)

0000

0000

000

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