



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

Arnstadt / 31.01.2024

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Andreas Kerber

00: Rennsteiglaufverein

00: 56

00: 0.35 km/00

Stundenlauf

0000:

Senioren M60 (60-64)

000: 59:44

00: 11.05 km/h

0000: 5:10 min/km

0: 33 (11.55 km)

00000/0: 22 (of 44)

00000: 2(of 5)

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



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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 | 1:49 | 5:11 | 2 | 0:06 | 22 | 0:27 | 10.85 | 56:16 | 5:11 | 2 | 1:06 | 22 | 13:52 |
| 00 32 | 0.35 | 1:46 | 5:02 | 2 | 0:08 | 22 | 0:26 | 11.20 | 58:02 | 5:10 | 2 | 1:14 | 22 | 14:18 |
| 00 33 | 0.35 | 1:42 | 4:51 | 2 | 0:01 | 16 | 0:20 | 11.55 | 59:44 | 5:10 | 2 | 1:15 | 22 | 14:38 |