



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