



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

Arnstadt / 31.01.2024

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Frank Schirwinski

00: LTV Erfurt

00: 66

00: 0.35 km/00

Stundenlauf

0000:

Senioren M60 (60-64)

000: 1:00:00

00: 10.85 km/h

0000: 5:31 min/km

0: 31 (10.85 km)

00000/0: 32 (of 44)

00000: 4(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	1:56	5:31	3	0:12	31	0:42	0.35	1:56	5:31	3	0:12	31	0:42
00 2	0.35	1:59	5:40	4	0:11	38	0:38	0.70	3:55	5:35	4	0:23	34	1:20
00 3	0.35	1:55	5:28	4	0:07	35	0:34	1.05	5:50	5:33	4	0:29	35	1:53
00 4	0.35	1:59	5:40	4	0:10	34	0:38	1.40	7:49	5:35	4	0:38	35	2:31
00 5	0.35	1:57	5:34	4	0:09	34	0:35	1.75	9:46	5:34	4	0:45	35	3:06
00 6	0.35	1:57	5:34	4	0:09	33	0:34	2.10	11:43	5:34	4	0:52	34	3:40
00 7	0.35	2:00	5:42	4	0:12	36	0:38	2.45	13:43	5:35	4	1:04	34	4:18
00 8	0.35	1:56	5:31	4	0:08	34	0:33	2.80	15:39	5:35	4	1:12	34	4:50
00 9	0.35	1:56	5:31	4	0:08	32	0:35	3.15	17:35	5:34	4	1:20	34	5:21
00 10	0.35	1:55	5:28	4	0:09	31	0:33	3.50	19:30	5:34	4	1:27	34	5:52
00 11	0.35	1:53	5:22	3	0:05	28	0:30	3.85	21:23	5:33	4	1:32	34	6:21
00 12	0.35	1:52	5:20	3	0:03	27	0:31	4.20	23:15	5:32	4	1:35	34	6:50
00 13	0.35	1:55	5:28	3	0:07	28	0:34	4.55	25:10	5:31	4	1:42	34	7:22
00 14	0.35	1:55	5:28	3	0:06	26	0:34	4.90	27:05	5:31	4	1:48	34	7:55
00 15	0.35	1:55	5:28	4	0:06	28	0:33	5.25	29:00	5:31	4	1:54	34	8:28
00 16	0.35	1:53	5:22	4	0:05	26	0:31	5.60	30:53	5:30	4	1:59	34	8:58
00 17	0.35	1:57	5:34	3	0:08	27	0:34	5.95	32:50	5:31	4	2:07	34	9:32
00 18	0.35	1:55	5:28	4	0:06	28	0:31	6.30	34:45	5:30	4	2:13	34	10:02
00 19	0.35	1:58	5:37	4	0:09	29	0:36	6.65	36:43	5:31	4	2:22	34	10:37
00 20	0.35	1:55	5:28	4	0:06	26	0:35	7.00	38:38	5:31	4	2:27	33	11:11
00 21	0.35	1:52	5:20	3	0:04	22	0:30	7.35	40:30	5:30	4	2:29	32	11:41
00 22	0.35	1:59	5:40	4	0:10	30	0:36	7.70	42:29	5:31	4	2:39	32	12:17
00 23	0.35	1:57	5:34	4	0:06	30	0:35	8.05	44:26	5:31	4	2:45	32	12:52
00 24	0.35	1:57	5:34	4	0:25	28	0:36	8.40	46:23	5:31	4	2:51	32	13:28
00 25	0.35	1:58	5:37	4	0:24	27	0:38	8.75	48:21	5:31	4	3:00	32	14:06
00 26	0.35	1:56	5:31	4	0:20	28	0:35	9.10	50:17	5:31	4	3:19	32	14:41
00 27	0.35	1:58	5:37	4	0:19	29	0:37	9.45	52:15	5:31	4	3:38	32	15:18
00 28	0.35	1:58	5:37	4	0:22	30	0:36	9.80	54:13	5:31	4	4:00	32	15:54
00 29	0.35	1:56	5:31	4	0:20	29	0:34	10.15	56:09	5:31	4	4:20	32	16:28
00 30	0.35	1:58	5:37	4	0:20	31	0:37	10.50	58:07	5:32	4	4:40	32	17:05



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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	1:53	5:22	4	0:10	27	0:31	10.85	1:00:00	5:31	4	4:50	32	17:36