



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

Arnstadt / 31.01.2024

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Thomas Bähr

00: Traktor Rehestädt

00: 86

00: 0.35 km/00

Stundenlauf

0000:

Senioren M60 (60-64)

000: 58:27

00: 9.24 km/h

0000: 6:11 min/km

0: 27 (9.45 km)

00000/0: 38 (of 44)

00000: 5(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	2:03	5:51	5	0:19	34	0:49	0.35	2:03	5:51	5	0:19	34	0:49
00 2	0.35	2:04	5:54	5	0:16	40	0:43	0.70	4:07	5:52	5	0:35	39	1:32
00 3	0.35	2:04	5:54	5	0:16	39	0:43	1.05	6:11	5:53	5	0:50	39	2:14
00 4	0.35	2:09	6:08	5	0:20	39	0:48	1.40	8:20	5:57	5	1:09	39	3:02
00 5	0.35	2:09	6:08	5	0:21	38	0:47	1.75	10:29	5:59	5	1:28	39	3:49
00 6	0.35	2:09	6:08	5	0:21	38	0:46	2.10	12:38	6:00	5	1:47	39	4:35
00 7	0.35	2:09	6:08	5	0:21	38	0:47	2.45	14:47	6:02	5	2:08	39	5:22
00 8	0.35	2:09	6:08	5	0:21	38	0:46	2.80	16:56	6:02	5	2:29	39	6:07
00 9	0.35	2:08	6:05	5	0:20	38	0:47	3.15	19:04	6:03	5	2:49	39	6:50
00 10	0.35	2:09	6:08	5	0:23	40	0:47	3.50	21:13	6:03	5	3:10	39	7:35
00 11	0.35	2:08	6:05	5	0:20	38	0:45	3.85	23:21	6:03	5	3:30	39	8:19
00 12	0.35	2:12	6:17	5	0:23	38	0:51	4.20	25:33	6:05	5	3:53	39	9:08
00 13	0.35	2:10	6:11	5	0:22	39	0:49	4.55	27:43	6:05	5	4:15	39	9:55
00 14	0.35	2:13	6:20	5	0:24	39	0:52	4.90	29:56	6:06	5	4:39	39	10:46
00 15	0.35	2:12	6:17	5	0:23	39	0:50	5.25	32:08	6:07	5	5:02	39	11:36
00 16	0.35	2:16	6:28	5	0:28	39	0:54	5.60	34:24	6:08	5	5:30	39	12:29
00 17	0.35	2:12	6:17	4	0:23	37	0:49	5.95	36:36	6:09	5	5:53	39	13:18
00 18	0.35	2:11	6:14	5	0:22	37	0:47	6.30	38:47	6:09	5	6:15	39	14:04
00 19	0.35	2:13	6:20	5	0:24	39	0:51	6.65	41:00	6:09	5	6:39	39	14:54
00 20	0.35	2:11	6:14	5	0:22	36	0:51	7.00	43:11	6:10	5	7:00	39	15:44
00 21	0.35	2:12	6:17	5	0:24	36	0:50	7.35	45:23	6:10	5	7:22	39	16:34
00 22	0.35	2:13	6:20	5	0:24	37	0:50	7.70	47:36	6:10	5	7:46	38	17:24
00 23	0.35	2:11	6:14	5	0:20	36	0:49	8.05	49:47	6:11	5	8:06	38	18:13
00 24	0.35	2:13	6:20	5	0:41	38	0:52	8.40	52:00	6:11	5	8:28	38	19:05
00 25	0.35	2:10	6:11	5	0:36	37	0:50	8.75	54:10	6:11	5	8:49	38	19:55
00 26	0.35	2:09	6:08	5	0:33	38	0:48	9.10	56:19	6:11	5	9:21	38	20:43
00 27	0.35	2:08	6:05	5	0:29	37	0:47	9.45	58:27	6:11	5	9:50	38	21:30